

# The Lightweight Backpacker

## Backpacking Equipment Checklist

Shelter & Sleeping		Packing	
<input type="checkbox"/> Tent, poles, stakes	<input type="checkbox"/> Sleeping bag	<input type="checkbox"/> Backpack	<input type="checkbox"/> Lash cord/straps
<input type="checkbox"/> Ground cloth	<input type="checkbox"/> Sleep bag liner	<input type="checkbox"/> Rain cover	<input type="checkbox"/> Garbage bags
<input type="checkbox"/> Tarp, poncho	<input type="checkbox"/> Sleeping pad	<input type="checkbox"/> Daypack, hipsac	<input type="checkbox"/> Ziploc Freezer bags
<input type="checkbox"/> Bivy sack	<input type="checkbox"/> Sit pad	<input type="checkbox"/> Stuff sacks	
Clothing			
<input type="checkbox"/> Boots, shoes	<input type="checkbox"/> Socks & xtras	<input type="checkbox"/> Liner socks,xtras	<input type="checkbox"/> GTX socks
<input type="checkbox"/> Low gaitors	<input type="checkbox"/> High gaitors	<input type="checkbox"/> Overboots	<input type="checkbox"/> Booties, mukluks
<input type="checkbox"/> Camp shoes	<input type="checkbox"/> Lightwt.underwear	<input type="checkbox"/> Midwt.underwear	<input type="checkbox"/> Exped.underwear
<input type="checkbox"/> Fleece liner gloves	<input type="checkbox"/> GTX gloves/mitts	<input type="checkbox"/> Baseball cap	<input type="checkbox"/> Windbloc cap
<input type="checkbox"/> Windbloc ear cover	<input type="checkbox"/> Windbloc balaclava	<input type="checkbox"/> Nylon wind vest	<input type="checkbox"/> Fleece/down vest
<input type="checkbox"/> Fleece/down jacket	<input type="checkbox"/> Long-sleeve shirt	<input type="checkbox"/> Fleece pants	<input type="checkbox"/> Down pants
<input type="checkbox"/> Rain poncho	<input type="checkbox"/> Wind/rain jacket	<input type="checkbox"/> Wind/rain pants	<input type="checkbox"/> Nylon windbreaker
<input type="checkbox"/> Hiking shorts	<input type="checkbox"/> Swimming shorts		
Cooking & Food		Essentials	
Cooking:	Food:	Navigation:	Other:
<input type="checkbox"/> Cook pot	<input type="checkbox"/> Tea,coffee,cocoa	<input type="checkbox"/> Compass	<input type="checkbox"/> First-Aid kit
<input type="checkbox"/> Utensils	<input type="checkbox"/> Electrolytes	<input type="checkbox"/> Maps	<input type="checkbox"/> Prescriptn medicine
<input type="checkbox"/> Insulated cup	<input type="checkbox"/> Breakfast	<input type="checkbox"/> Glasses/contacts	<input type="checkbox"/> Waterprf matches
<input type="checkbox"/> Stove & fuel	<input type="checkbox"/> Lunch/snacks	<input type="checkbox"/> Paper, pencil	<input type="checkbox"/> Firestarter
<input type="checkbox"/> Piezo igniter	<input type="checkbox"/> Dinners	<input type="checkbox"/> Headlamp	<input type="checkbox"/> Sun glasses/goggles
<input type="checkbox"/> Matches/lighter	<input type="checkbox"/> Condiments/herbs	<input type="checkbox"/> Small flashlight	<input type="checkbox"/> Sun block/lip balm
<input type="checkbox"/> Water filter	<input type="checkbox"/> Vitamins	<input type="checkbox"/> Extra batteries	<input type="checkbox"/> Bug protection

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<input type="checkbox"/> Iodine	<input type="checkbox"/> Emergency food	<input type="checkbox"/> GPS unit	<input type="checkbox"/> Space blanket/bag
<input type="checkbox"/> Water containers		<input type="checkbox"/> Altimeter	<input type="checkbox"/> Plastic whistle
<input type="checkbox"/> Water bottle jacket		<input type="checkbox"/> Guide book/notes	<input type="checkbox"/> Signal mirror
<input type="checkbox"/> Bear bag			<input type="checkbox"/> Knife
<b>Snow &amp; Ice</b>	<b>Miscellaneous</b>		
<input type="checkbox"/> Ice Axe	<input type="checkbox"/> Duct Tape	<input type="checkbox"/> Pack towel	<input type="checkbox"/> Toothbrush/powdr
<input type="checkbox"/> Snow shoes	<input type="checkbox"/> Parachute cord	<input type="checkbox"/> Bandana	<input type="checkbox"/> Fishing Gear
<input type="checkbox"/> Snow poles	<input type="checkbox"/> Sewing kit	<input type="checkbox"/> SlingLight Chair	<input type="checkbox"/> Candle/oil lantern
<input type="checkbox"/> Crampons	<input type="checkbox"/> Repair kits	<input type="checkbox"/> Toilet paper	<input type="checkbox"/> Soap
<input type="checkbox"/> Snow shovel	<input type="checkbox"/> Rubber bands	<input type="checkbox"/> Reading material	<input type="checkbox"/> Cards, games
<input type="checkbox"/> Avalanche beacon	<input type="checkbox"/> Camera, film, tripod	<input type="checkbox"/> Binocs, monocular	<input type="checkbox"/> Walking stick
<input type="checkbox"/> Snow wands	<input type="checkbox"/> Clock, watch		<input type="checkbox"/> Hiking Poles
<input type="checkbox"/> Handwarmers			

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