



ULTRALIGHT BACKPACKING CHECKLIST

Whether you're a seasoned ultralighter or just looking to lighten your load, use this list to guide your trip prep.



BACKPACKING GEAR

Essential items:

- Backpack
- Shelter (*tent, tarp, bivy sack, bug shelter or ultralight hammock*)
- Sleeping bag or sleeping quilt
- Sleeping pad

Optional:

- Pack liner
- Trekking poles
- Tent footprint
- Pillow
- Bear spray
- _____



COOKWARE & DRINKING WATER

- Backpacking stove
- Stove fuel
- Lighter
- Mug and/or pot
- Utensils
- Dish scrubber
- Food bag or bear bag/bear canister (*if required*)
- Trash bag
- Mesh strainer
- Water filtration system
- Purification drops or tablets
- Collapsible water bottles
- _____



CLOTHING & FOOTWEAR

For the trail:

- Hiking or trail-running shoes
- T-shirt or base layer
- Hiking shorts or running shorts
- Hiking pants
- Underwear
- Sports bra
- Socks
- Sun-protective hat
- Sun sleeves (*optional*)
- Bandana
- _____

For the campsite:

- Long-underwear top for sleep
- Long-underwear bottoms for sleep
- Warm hat
- Wool or synthetic socks for sleep
- Puffy insulated jacket or vest
- Sandals (*optional*)

For rain or cold weather:

- Rain jacket
- Rain pants
- Warm gloves
- _____



NAVIGATION SYSTEM

- Map
- Compass
- GPS
- Satellite communicator or Personal Locator Beacon
- Solar/portable charger
- Route description (*photocopy relevant pages in your guidebook*)
- Permits
- _____
- _____



FIRST AID & EMERGENCY

- First-aid supplies
- Safety whistle (*with neck cord*)
- Emergency shelter
- Stormproof matches
- Firestarter
- Small knife
- Itinerary copies
- _____
- _____



LUXURY ITEMS

- Camera
- Binoculars
- Journal or sketchbook
- Pen or pencil
- _____
- _____



HYGIENE & TOILETRIES

- Sun protection
- Insect repellent
- Hand sanitizer
- Toothpaste or baking soda
- Small toothbrush
- Biodegradable soap
- Pre-moistened wipes (*2 per day*)
- Toilet paper
- Pee cloth
- Trowel
- Hygiene products
- Pee funnel
- Prescription medications
- _____
- _____



MISCELLANEOUS

- Headlamp
- Extra batteries
- Lip balm
- Sunglasses
- Mosquito head net
- Gaiters
- Ice traction devices
- Ice axe
- Repair kit
- Small amount of cash
- Credit card
- Cellphone
- _____
- _____