

BACKPACKING EQUIPMENT GUIDE

V.2024.1

TRIP DESTINATION: _____

DURATION (DAYS): _____

EST. TEMP: _____

Item Description	Weight	Notes
SHELTER & SLEEP SYSTEM		
Ultralight Tent / Tarp	---	Check stakes & guy lines
Sleeping Bag / Quilt	---	Rated for forecast
Sleeping Pad	---	R-Value check
PACK & CARRY		
Internal Frame Pack	---	Adjusted for torso
Pack Cover / Liner	---	Waterproofing
KITCHEN & WATER		
Stove & Fuel	---	Test before departure

Item Description	Weight	Notes
Water Filter / Tablets	---	Backflush filter
Titanium Pot & Spork	---	Nested inside pack

NAVIGATION & SAFETY

Topographic Map & Compass	---	Physical copies
First Aid Kit	---	Blister care focus
Headlamp + Spare Batteries	---	Check lumens

TOTAL BASE WEIGHT ESTIMATE: _____