

SAMPLE BACKPACKING GEAR CHECKLIST

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This list is not definitive. Use it as a starting point for creating your own list and as a general reference for weight (in ounces). This is a reminder checklist – I never take it all. Download at kurtelieson.com.

CREW GEAR			
item	avail	go?	in?
FIRST AID KIT	16.–		
GEAR REPAIR KIT	16.–		
6x8 fly, ropes, stakes 8' poles (each)	31.4 12.2		
50' x 3/16" rope	7.4		
crank LED lantern gas lantern (full)	18.0 19.4		
coffee filters, colander water bag, silt-stopper & Sawyer filter First Ecology purifier MSR chlorine drops	1.0 5.6 11.– 2.4		
Dragonfly stove 11 oz sig (empty) fuel (5oz/day) wind screen	12.4 5.6 11.– 2.2		
wax paper cups (firestart) fire tongs	1.– 5.6		
½ qt teakettle 1 qt teakettle 2 qt teakettle 2 qt oven pot small bakepacker 1½ qt bake pot/riser pot pie foil (each) thermometer 4 qt oven pot large bakepacker 10" backpantry oven	5.4 9.8 10.7 8.0 3.8 3.6 0.2 0.6 14.2 7.8 25.0		
COOKING TOOLS			
camp soap scrub pad paper towels (roll) net to carry trash bag	2.8 0.1 11.– 8.–		
latrine shovel toilet paper (½ roll)	2.4 2.–		
bear bag/can & rope	80.–		
TOTAL CREW	c.8 lb		
SHARE EACH	c.2 lb		

PERSONAL GEAR			
boots croc's (for wading)*	– 16.0–		
backpack 30 gal trash bag backpack cover day pack	85.8 1.4 7.8 13.2		
tent – green 4'x7'	75.2		
sleeping bag fleece liner foam pad pillow	40.– 31.4 15.8 11.2		
cot stool*	98.6 32.4		
CLOTHING BAG	50-99		
SMELLABLES BAG	16.6		
CAMP TOOLS BAG	11.7		
CITY TOOLS BAG	12.6		
PAPERS FOLDER	4.–		
rain coat* rain pants* gaiters* heavy poncho* light poncho*	14.7 9.1 7.4 12.4 1.–		
1L water bottle* 2.5L hydr bag & tube* 10L waterbag	3.2 5.8 10.4		
sierra cups bowl silverware (camp tools) personal snacks*	4.4 5.0		
frisbee / chess / games			
SUBTOTALS			
Personal Gear			
Share of Crew Gear			
Share of Food			
Water in Canteen			
Water in Waterbag			
TOTAL WEIGHT			

CREW FIRST AID KIT			
disinfectant cream			
burn cream			
calamine cream			
aspirin-tylenol-motrin			
tylenol with codeine			
claritin benadryl			
allieve (swelling)			
pepto-bismol			
diarrhea (Immodium)			
laxative (Ex-Lax)			
band aids small / med / large knuckle butterfly 2" square			
gauze tape			
rag / compress			
ace knee brace wrap			
tweezers			
thermometer			
cold packs			
quarters / phone card			
oil			
instructions			
Subtotal			

Pack the following where you (or your buddy) can reach it without taking off your pack:

- poncho
- water bottle or hydration bag
- snacks
- map
- compass / GPS
- camera
- stool

moleskin & scissors should also be handy

CREW GEAR REPAIR KIT			
10' duct tape			
roll of tent tape			
tube of seam coat			
tent pole braces tent pole connectors			
needle 10' thread, twine, wire tent pole shock cord boot lace			
1" web (tree hooks) 5' x 3/4" webbing			
tent pole clips misc 3/4" buckles misc 1" buckles, tri 1½", 2" quick rel, tri cordlocks			
pack pins & rings safety pins			
zipper repair kit			
lantern mantles waterbag patches small razor knife			
Subtotal			

CREW COOKING TOOLS			
matches	0.2		
hot pot clamping tongs	1.8		
scout pliers tongs	3.4		
hot pad (washcloth)	0.6		
can opener	0.2		
8 oz measuring cup	2.-		
1 oz drink mix scoop	0.4		
funnel	0.4		
serv spoon (folding)	1.0		
serv spoon (straight)	1.2		
spatula	0.4		
paring knife	1.-		
oven bags (0.3 each) ziplocks (0.1 each) trash bags (0.9 each)			
Subtotal			

PERSONAL CLOTHING BAG			
hat bug net			
T-shirts	5.5		
pants	12.0		
shorts	12.0		
swimsuit			
underwear (each)			
socks (pair) wool socks (pair)	2.-		
green sweat pants heat packs for winter	5.6		
sweatshirt thermal underwear			
towel	1.4		
tent sponge	0.6		
Subtotal			

PERSONAL SMELLABLES BAG			
comb	0.4		
mirror	0.6		
camp soap (each)	0.8		
shampoo	1.4		
purell sanitizer	2.6		
softsoap	1.6		
toothbrush	0.4		
toothpaste	0.8		
dental floss	0.6		
chapstick	0.2		
sunscreen	1.6		
foot powder	2.-		
bug repellent	1.4		
Subtotal	16.6		

PERSONAL CAMP TOOLS BAG			
compass*	0.6		
whistle*	0.2		
LED penlight	0.4		
spare matches	0.2		
pocketknife	2.8		
mini maglight w/ batt spare batteries	3.8 1.8		
fork, knife, 2 spoons	1.6		
spare can opener	0.2		

moleskin & scissors	0.7		
nail clippers	1.6		
thermometer* pedometer	0.2		
tree hook for waterbag clothes line	2.8 1.-		
emergency foil blanket	2.-		
spare car key	0.6		
Subtotal	11.7		

PERSONAL CITY TOOLS BAG			
keys	1.6		
waterproof wallet cash calling card credit card drivers license	2.-		
sunglasses, strap, case	1.-		
cell phone (car charger)	2.8		
watch	-		
camera*	6.2		
MP3 player	4.6		
dictaphone	3.0		
headphones	3.8		
Subtotal	12.6		

PERSONAL PAPERS FOLDER			
review the Campout Preparation Checklist			
camp reservation tour permit copies of youth prot & other scout certs			
map (weatherproof)* waypoints notebook			
star chart/nature guides scout req's/MB books			
writing projects/paper pens (each)	0.2		
Subtotal			