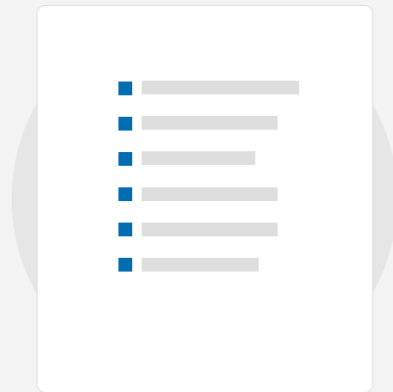


Ultralight Backpacking Checklist

ultralight backpacks on rock Choose the lightest-weight versions of the items on this list that you can find, afford or feel comfortable with. Organizing your gear into systems can be a good way to remember to pack what you need.



Hiking System

- | | |
|---|-------------------------------------|
| <input type="checkbox"/> Backpack | <input type="checkbox"/> Pack cover |
| <input type="checkbox"/> Trekking poles | |

Navigation System

- | | |
|--|---|
| <input type="checkbox"/> Map | <input type="checkbox"/> Compass |
| <input type="checkbox"/> Cellphone (opt.) | <input type="checkbox"/> Solar/portable charger (opt.) |
| <input type="checkbox"/> GPS (opt.) | <input type="checkbox"/> Personal locator beacon (opt.) |
| <input type="checkbox"/> Route description | <input type="checkbox"/> Permits |

Shelter System

- | | |
|--|--|
| <input type="checkbox"/> Tent, tarp, bivy or hammock | <input type="checkbox"/> Guylines and stakes (if needed) |
| <input type="checkbox"/> Insect mesh for hammock (if needed) | <input type="checkbox"/> Ground cloth (opt.) |

Sleep System

- | | |
|---------------------------------------|---------------------------------------|
| <input type="checkbox"/> Sleeping bag | <input type="checkbox"/> Sleeping pad |
|---------------------------------------|---------------------------------------|

☐ Pillow (opt.)

Cooking System

☐ Stove

☐ Fuel

☐ Mini lighter and stormproof matches

☐ Mug and/or pot

☐ Spork

☐ 1" x 2" sponge

☐ Small metal drain screen for rinse water

Food Storage System

☐ Food bag

☐ Stuff sack for hanging (opt.)

☐ Bear bag/bear canister (if required)

Water System

☐ Water filtration system

☐ Purification drops or tablets

☐ Soft-sided water bottles

Clothing Systems

☐ For Hiking: Hiking or trail-running shoes, Synthetic or wool T-shirt, Hiking or running shorts (1 pair), Hiking pants (1 pair), Synthetic or wool underwear (2 pairs), Sports bra, Synthetic or wool socks (2 pairs), Sun-protective hat, Sun-protective gloves (opt.), Bandana

☐ For Camp: Long-underwear top, Long-underwear bottoms, Warm hat, Wool or synthetic socks for sleep, Puffy insulated jacket or vest, Sandals (opt.)

☐ For Foul Weather: Waterproof rain jacket, Waterproof rain pants, Warm gloves, Waterproof gloves/mitts

Hygiene/Toiletries System

☐ Zip-top bags (varied sizes for waste, food, etc.)

☐ Hand sanitizer

☐ Toothpaste or baking soda

☐ Small toothbrush

☐ Biodegradable soap

☐ Toilet paper (2-4 squares per day)

☐ Pre-moistened wipes (2 per day)

☐ Sanitation trowel

☐ Menstrual products

☐ Women's pee funnel

☐ Women's pee rag (1/4 cotton bandana)

☐ Prescription medications

First-Aid Kit

- ☐ Blister pads
- ☐ Bandages
- ☐ Pain-relief pills

- ☐ Gauze pads
- ☐ Antibiotic ointment (small packet)

Miscellaneous

- ☐ Headlamp or microlight with fresh batteries
- ☐ Safety whistle (with neck cord)
- ☐ Lip balm
- ☐ Hat with insect-mesh (opt.)
- ☐ Ice traction devices (if needed)
- ☐ Small amount of cash
- ☐ Itinerary copies (for friend + under car seat)
- ☐ Extra batteries (opt.)
- ☐ Sunscreen
- ☐ Sunglasses
- ☐ Gaiters (if needed)
- ☐ Ice axe (if needed)
- ☐ Credit card

Repair Kit

- ☐ Gear-repair and/or duct tape
- ☐ Razor blade or small knife
- ☐ Sewing needle and nylon thread

Luxury Items

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

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