

# Backpacking

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## Overnight trip (does not assume Day Hiking list)

### Personal

- Backpack (internal or external frame)
- Stuff sacks/garbage bags, etc., to organize and waterproof gear in pack
- Sleeping bag(s)
- Sleeping pad (ensolite, thermarest, etc.)
- Full water bottle/hydro pack (at least 1 litre/3 hours)
- Healthy, high energy snacks
- Sunglasses (with good UV protection)
- Sunscreen and lip protector
- Flashlight or headlamp and batteries
- Eating utensils (cup, bowl, spoon)
- Toiletries (soap, hand sanitizer, toothbrush and paste, dental floss, comb, etc.)
- Insect repellent (in bug season)
- Personal medications (with a note of explanation)
- Sleeping bag liner
- Bivouac sack
- Pack cover
- Trekking poles/walking staff
- Bug hat/shirt/suit (if in really buggy areas)
- Bandana
- Pack cover
- Thermos of hot fluid
- Candle lantern
- Compass
- Maps(s)
- Camera
- Binoculars
- Note pad and pencil
- Bathing suit
- Bandana or small towel
- Hut or camp shoes

### Personal First Aid and Survival Kit

- Band-aids
- Supplies for blister protection/treatment
- Whistle
- Space blanket/garbage bag
- Metal cup/container
- Matches/lighter and firestarter (in waterproof case)
- Knife

### Clothing

- Sun-shielding hat
- Underwear
- Long underwear (top and bottoms, synthetic or wool)
- Shirt
- Long pants
- Warm long-sleeved shirt, sweater, pile (fleece) or jacket (synthetic, wool or down)
- Wind shell
- Rain jacket (with hood or separate rain hat) and rain pants
- Three to four pairs of synthetic or wool socks
- Hiking boots or sturdy walking shoes
- Extra footwear to be worn at camp
- Warm hat, toque, tube scarf and/or earband
- Gloves or mitts (synthetic or wool)

### Personal Optional

- Shorts
- Vest (synthetic, wool or down)
- Wind pants
- Extra footwear for stream crossings (e.g., sandals, runners, wetsuit booties)
- Sit pad (e.g., 40 x 40 cm ensolite)
- Gaiters

*Notes: Label all personal items. Leave junk food, electronic devices and other prohibited items at home.*

### Group

- Route/area info (e.g., guidebook)
- Bear spray and holster/leader and/or bear bangers (in bear country)
- Tent(s)
- Tarp(s)
- Water purification system
- Food
- Stove, windscreen and fuel
- Pots and lids
- Cooking utensils (e.g., pot lifter/vice grip pliers, can opener, cutting board, mixing bowls, spatula, leather gloves)
- Dishwashing kit (e.g., wash tubs, biodegradable soap, chlorine bleach, scrubber, washcloth, dishtowels)
- Hand soap or hand sanitizer
- Garbage bags
- Cordage/rope and a carabiner for stringing up food at night, or for potential rescue applications
- First aid kit
- External communications device
- Toilet paper, spade/trowel and hand sanitizer

### **Group Documents**

- Trip plan
  - Risk management plan
  - Emergency plan
  - Itinerary card
  - Passenger list(s)
  - Participant health/medical forms
  - Permits, licenses or other documents (specify):
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### **Group Repair Kit**

- Duct tape
- Cordage (e.g., 10 m of parachute cord)
- Cable ties (locking plastic ties)
- Epoxy
- Multi-tool or small tool kit including knife, vice grip pliers, screwdrivers and scissors
- Wire (2 mm braided steel)
- Spare pack parts (e.g., assorted fasteners and buckles, clevis pins and wire rings, cord locks, pack strap webbing (2 m of 2 cm wide))
- Tent pole repair kit (e.g., pole sleeve or hose clamps and splints)
- Stove repair kit (e.g., jet-cleaning tool, spare jet, stove wrench, spare filter, oil for pump leather)
- Water filter cleaning tools and spare parts

- Superglue
- Rubber bands
- Sleeping pad patch kit or sandpaper (med. grit), alcohol swab, urethane adhesive and patch)
- Sewing kit (e.g., safety pins, self-adhesive nylon repair tape or stick-on patch, needles and/or awl/ speedy stitcher, thread or dental floss, thimble, zipper sliders, velcro strips (10 cm long x 2 cm wide, sticky both sides))

### **Group Optional**

- Water carrier
- Packable lantern
- Axe
- Saw (e.g., folding or wire pocket style)
- Grill, Dutch oven and/or reflector oven
- Clothes pegs
- Field guides
- Star chart
- Thermos of hot fluid
- Additional communications device(s) (internal and/or external)
- GPS receiver
- Altimeter

**Other Items:** suggested by terrain, season, group and/or program objectives (specify):

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