

## CHECKLIST FOR A

# Happy Backpacking

### CLOTHING

- Quick-drying pants/shorts
- Long sleeve shirt(s) (for sun)
- Rainwear (poncho, jacket)
- Winter wear (gloves, sweater)
- Summer wear (sun hat, bikini)
- Underwear & socks

### KITCHEN UTENSILS

- Backpacking stove
- Cookset (pans, pots)
- Eating utensils
- Fuel/Canister
- Mug/cup

### SLEEPING EQUIPMENT

- Headlamp & earplugs
- Sleeping bag
- Sleeping mat
- Tent

### FOOTWEAR

- Aqua shoes
- Hiking shoes
- Sandals/slippers

### EXTRA

- Backpacking knife
- Degradable soap
- Insect repellent
- Powerbank
- Sunglasses
- Sunscreen
- Trash bag

### HEALTH & HYGIENE

- Menstrual products
- Quick-dry towel
- Razor/Shaver
- Toilet paper/wipes
- Toothbrush & Toothpaste

### FOOD & WATER

- Energy food & drinks
- Meals
- Water bottles
- Water filter/purifier

### ENTERTAINMENT

- Book or kindle
- Crossword puzzle
- Playing cards