



BACKPACKING GEAR CHECKLIST

BY: OPERATION ADVENTURE

BACKPACK

- BACKPACK
- PACK COVER

SHELTER

- TENT
- FOOTPRINT
- RAIN FLY
- STAKES/GUY LINES

SLEEP

- SLEEPING BAG OR QUILT
- SLEEPING PAD
- PILLOW (OPTIONAL)

WATER

- WATER FILTER AND BACKUP
- NALGENE OR BOTTLE
- WATER BLADDER

OTHER

- PORTABLE BATTERY BANK
- GEAR REPAIR KIT
- MULTI-TOOL
- TREKKING POLES
- SUNGLASSES

KITCHEN

- STOVE
- FUEL
- LIGHTER/MATCHES
- POTS/PANS
- UTENSILS
- CUP
- FOOD
- BEAR CANNISTER (IF REQUIRED)

NAVIGATION

- PAPER MAP
- COMPASS
- SATELLITE SOS DEVICE

LIGHT

- HEADLAMP + EXTRA BATTERIES
- SOLAR POWERED LANTERN

TOILETRIES

- FIRST AID/MEDICATION
- SUNSCREEN/CHAPSTICK
- TOOTHBRUSH/TOOTHPASTE
- TROWEL
- WIPES/TOILET PAPER
- WAG BAG (IF REQUIRED)



BACKPACKING CLOTHES CHECKLIST

BY: OPERATION ADVENTURE

UNDERGARMENTS

- UNDERWEAR
- SPORTS BRAS

BASE LAYER

- MERINO WOOL TOP
- MERINO WOOL PANT
- DEDICATED SLEEP SOCK

FEET

- HIKING BOOTS
- CAMP SHOE (SLIPPER OR THONG)
- BREATHABLE SOCKS

OTHER

- HAT (BEANIE AND/OR SUN CAP)
- GLOVES
- BUFF

UP TOP

- SHORT SLEEVE/TANKS
- SUN HOODIE
- FLEECE LAYER
- INSULATING LAYER (DOWN JACKET)

DOWN LOW

- HIKING SHORTS
- HIKING PANT
- INSULATED PANT (FLEECE OR DOWN)

RAIN LAYER

- RAIN JACKET
- RAIN PANTS
- GAITERS
- WATER PROOF GLOVE (OPTIONAL)