

Trip Location:Start Date:Group Size:

Expected Temp:End Date:Emergency Contact:

★ THE 10 WILDERNESS ESSENTIALS (NEVER LEAVE WITHOUT THESE)

1. Navigation (Map, Compass, GPS)
2. Headlamp / Flashlight + Extra Batteries
3. Sun Protection (Sunglasses, SPF, Hat)
4. Fire Starter (Matches, Lighter, Tinder)
5. Emergency Shelter (Bivy, Tarp, Blanket)
6. First Aid Kit & Medical Supplies
7. Repair Kit & Multi-tool
8. Nutrition (Extra Days' Food)
9. Hydration (Water Filter / Purifier)
10. Extra Insulation & Layering

1. Shelter & Sleep System

- ☐ Backpacking Tent / Hot Tent
- With stakes & guy lines*
- ☐ Tent Footprint / Ground Tarp
- Protect floor*
- ☐ Sleeping Bag / Quilt
- Rated for expected low*
- ☐ Insulated Sleeping Pad
- Check R-value*
- ☐ Inflatable Camp Pillow
- Optional*
- ☐ Compressible Stuff Sacks
- Dry bags*

2. Kitchen & Water Treatment

- ☐ Backpacking Stove & Fuel
- Check canister/wood*
- ☐ Cook Pot & Lid
- Lightweight aluminum/titanium*
- ☐ Spork / Long-handled Spoon
- ☐ Water Filter / Squeeze System
- Backwash syringe*
- ☐ Chemical Purification Drops
- Backup option*
- ☐ Water Bottles / Hydration Bladder
- 2-3L capacity*
- ☐ Biodegradable Soap & Sponge
- Leave No Trace*
- ☐ Bear Canister / Dry Bag + Rope
- Food protection*

3. Tools, Fire & Navigation

- ☐ Topographic Map & Waterproof Case
- ☐ Magnetic Compass
- Baseplate style*
- ☐ Satellite Messenger / PLB
- InReach / Spot*
- ☐ Multi-tool / Fixed Blade Knife
- ☐ Ferro Rod & Waterproof Matches
- ☐ Headlamp
- Include extra batteries*
- ☐ Duct Tape & Gear Repair Patches
- ☐ Bear Spray & Holster
- Accessible location*

4. Layered Clothing System

- ☐ Moisture-Wicking Base Layers
- Merino/Synthetic*
- ☐ Hiking Pants & Sun Shirt
- ☐ Insulating Mid-layer
- Fleece or grid fleece*
- ☐ Puffy Jacket
- Down or synthetic insulation*
- ☐ Waterproof Rain Jacket & Pants
- Wind/rain barrier*
- ☐ Hiking Socks (2-3 pairs)
- Merino wool*
- ☐ Camp Shoes / Sandals
- For evening rest*
- ☐ Warm Beanie & Lightweight Gloves

5. First Aid & Hygiene

- ☐ Comprehensive First Aid Kit
- Bandages, meds, gauze*
- ☐ Blister Treatment Kit
- Moleskin / Leukotape*
- ☐ Prescription Medications
- Extra 2-day supply*
- ☐ Trowel & Toilet Paper / Wipes
- Pack out used paper*
- ☐ Hand Sanitizer
- Alcohol-based*
- ☐ Sunscreen & Lip Balm SPF
- ☐ Insect Repellent / Bug Net
- ☐ Quick-dry Camp Towel

6. Backpack & Electronics

- ☐ Internal / External Frame Pack
- 45L - 70L*
- ☐ Pack Cover or Heavy Liner Bag
- Waterproofing*
- ☐ Power Bank & Charging Cables
- 10,000+ mAh*
- ☐ Trekking Poles
- Saves knees*
- ☐ ID, Permits & Cash
- In ziplock bag*
- ☐ High-Density Camp Snacks
- Nuts, bars, jerky*

Leave No Trace & Trip Planning Reminder

Always leave your detailed trip plan and expected return time with a trusted contact. Pack out all trash, respect wildlife, and check local fire bans before lighting campfires.