

Backpacking (Multiday)

Multi-day overnight in the backcountry. Calibrate clothes and food to trip length.

NAVIGATION

- Phone
 - Charged
 - Offline maps downloaded
- Map (printed backup)
- Compass
- Permit (if required)
- Itinerary left with someone

SUN

- Sunscreen
 - Sunscreen chapstick
- Sunglasses
 - Prescription (contacts/glasses)
- Sun hat

INSULATION

- Boots (waterproof)
- Camp shoes
- Socks (1/day + 1 extra)
- Long underwear
- Pants
- Shirt (wicking) (1/day)
- Long sleeve (x2)
- Fleece
- Atom
- Shell
- Rain pants (if heavy rain expected)
- Buff
- Hat
- Bug hat
- Gloves
 - Gloves (extra)

SAFETY

- Headlamp
 - Charged / batteries
- First aid kit
 - Medicine
- Emergency kit
 - Knife
 - Firestarter
 - Space blanket
 - Whistle
- InReach
 - Charged
- Charger
 - Charged
- Hand warmers
- Bear canister

EXTRA

- Backpack
- Water filter
- Water purification backup (tablets)
- Water bottles (x2)
- Food (min 1.5k cal/day + 3 extra meals)
- Stove (integrated)
- Tent
 - Repair kit
 - Tarp
 - Cover
- Sleeping pad
- Sleeping bag
- Sleeping bag liner
- Lantern / camp light
- Repair kit (gear tape, needle, buckle)
- Paracord
- Poles
- Helmet (technical terrain)
- Toothbrush / toothpaste
- Facewash
- Towel
- Hand sanitizer
- Trowel + waste bag + TP
- Bug spray
- Après (in car)
 - Socks
 - Shirt
 - Pants
 - Snack