

Backpacking Planner & Checklist



Basic Trip Information

Start Date:		End Date:	
Start Location:		End Location:	

Emergency Contact:	
--------------------	--

Backpacking Plan

Day	Miles to Camp	Directions & Camp Location	Water Sources

Back-Up Plan:

Meal Planning

Day	Breakfast	Lunch	Dinner	Snacks	Total Calories

**You can print three copies of this page - one should go to your emergency contact, one should stay in your vehicle, and one should stay on your person.

Checklists



Clothing List

Clothing Item	1 Night	2 Nights	3 Nights	4 Nights	5 Nights
Underwear	2	2	3 (±1)	4 (±2)	4 (±2)
Bras	2	2	2 (±1)	2 (±1)	2 (±2)
Socks	2	2	3 (±1)	4 (±2)	4 (±2)
Shorts/Pants	1	1	2 (±1)	2 (±1)	2 (±1)
Shirts	1	1	2 (±1)	2 (±1)	2 (±1)
Long Underwear Set	1	1	1	2	2
Jacket	1	1	1	1	1
Hat + Gloves	1	1	1	1	1
Rain Gear	1	1	1	1	1

**Depending on weather, you may want to bring an extra set of long underwear and an extra jacket. If the lows are above 50 F, then you might not need a long underwear set. It's also nice to have fresh socks and underwear, but you don't necessarily need a fresh pair everyday.

Gear Checklist

- Tent
- Sleeping bag
- Sleeping pad
- Clothes + Layers (above)
- Food (see meal prep chart)
- Stove
- Pots and/or
- Bowls, Plates, and Utensils
- Biodegradable soap
- Cloth or sponge to clean dishes
- Bear Bag (depending on location)
- Wet wipes
- Tooth brush + tooth paste
- Towel
- Pillow (Optional)
- Oh-Shit-Kit
- First aid kit
- Bug spray + sunscreen
- Water or water filtration system
- Headlamp or lamp
- Bathroom kit
 - TP
 - Plastic bags
 - Trowel
- Games (Optional)
- Hammock or chair (Optional)