

BACKPACKER'S CHECK LIST

Select your boots with care. No other item of equipment is as critical to your comfort and safety. Boots should cushion and support the feet. The six-inch height with rubber lug soles is best. They should neither pinch nor slip and should be of sufficient length to insure that toes are not cramped on the long downgrades.

Most backpackers prefer wearing two pairs of socks—a light inner pair and a heavier outer pair. With this arrangement, the socks rub against each other, reducing friction against the feet. Wool is most resilient and offers the greatest absorbency.

Clothing should be comfortable, durable, and adaptable.

Packs should be selected for a specific purpose and load. The contoured frame has made it possible for the backpacker to carry heavier loads with increased ease. However, for smaller loads and specialized activities, touring and guide packs are more suitable.

The average backpacker spends more for his sleeping bag than any other single piece of equipment. The best bags are constructed with a lightweight nylon shell and filled with goose down. These bags are light, readily compressible and provide maximum insulation. Remember: adequate insulation from ground moisture and cold is essential for these bags to function properly.

Sartorial splendor and elegant accoutrement alone do not make the woodsman or mountaineer. A love of the wildness of Nature must be developed early. No debris should testify to the passage of the conscientious backpacker. **IF YOU PACK IT IN—PACK IT OUT!**

Pleasure Walks

At this stage the weight factor is present but not critical. Some protection is provided against the elements: the feet are protected, and a basic, multipurpose tool is thought to be desirable. This approach is frequently used on afternoon walks.

Check list A:

- shirt
- hiking pants
- underwear
- lightweight inner socks
- heavy outer socks
- boots
- knife

All-Day Hikes

A more sophisticated approach for walks of longer duration. Good for the all-day hike.

Check list B (list A Plus):

- pack
- matches in waterproof container
- food
- canteen with water
- lightweight jacket
- hat
- suntan lotion

Optional equipment that may be included at any point:

- camera and film
- binoculars
- books

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Two- or Three-Day Backpacking

For specialized activities, such as ski touring or mountaineering, the necessary equipment is added to the list below. Weight range: 20-35 lbs.

Check list C (list B plus):

- | | | |
|---|---|--|
| <input type="checkbox"/> down sleeping bag | <input type="checkbox"/> lip salve | <input type="checkbox"/> toothbrush and paste |
| <input type="checkbox"/> foam pad or air mattress | <input type="checkbox"/> insect repellent | <input type="checkbox"/> soap |
| <input type="checkbox"/> extra socks | <input type="checkbox"/> toilet paper | <input type="checkbox"/> soap-impregnated pads for dishwashing |
| <input type="checkbox"/> stove | <input type="checkbox"/> dark glasses | <input type="checkbox"/> nylon cord |
| <input type="checkbox"/> cooking pot(s) | <input type="checkbox"/> map | <input type="checkbox"/> fuel for stove |
| <input type="checkbox"/> knife, fork, spoon | <input type="checkbox"/> compass | <input type="checkbox"/> down sweater or jacket |
| <input type="checkbox"/> tin cup | <input type="checkbox"/> flashlight | <input type="checkbox"/> poncho doubling for ground sheet |
| <input type="checkbox"/> plastic bags | <input type="checkbox"/> first-aid kit | <input type="checkbox"/> bandana |

Extended Trips

Differences between lists C and D are primarily of quantity rather than variety. Wilderness treks of two-weeks duration are common and supplies, especially of food, must be increased accordingly. Weight range: 35-60 lbs.

Check list D (lists B and C plus):

- extra food
- down parka
- tent (depending on weather)
- extra shirt
- hiking shorts

Other Options

The backpacker will encounter certain limitations at this point based on personal strength and endurance. No generalized check list can cover all possible inclusions. However, the most common are listed below. Weight range: 50-90 lbs.

- | | | |
|---|--|---|
| <input type="checkbox"/> swimsuit | <input type="checkbox"/> candle lantern | <input type="checkbox"/> guide books |
| <input type="checkbox"/> balaclava helmet | <input type="checkbox"/> mirror | <input type="checkbox"/> sleeping bag cover |
| <input type="checkbox"/> rain chaps | <input type="checkbox"/> notebook | <input type="checkbox"/> pillow |
| <input type="checkbox"/> ladle | <input type="checkbox"/> pencil | <input type="checkbox"/> pajamas |
| <input type="checkbox"/> spatula | <input type="checkbox"/> sketch book | <input type="checkbox"/> camp shoes (moccasins) |
| <input type="checkbox"/> wire grill | <input type="checkbox"/> fishing gear | <input type="checkbox"/> sewing kit |
| <input type="checkbox"/> pot gripper | <input type="checkbox"/> fishing license | <input type="checkbox"/> wash basin |
| <input type="checkbox"/> mixing bowl | <input type="checkbox"/> wristwatch | <input type="checkbox"/> guitar, recorder, etc. |

Prepared by Leonard R. Askham, Extension Outdoor Recreation Specialist, Washington State University, Pullman.

Assistance from Washington State University is available to all persons, without regard to race, color, or national origin.