



Ultimate Packing List for Backpacking Trips

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CAMPING GEAR					
<u>BASIC GEAR</u>	<u>CLOTHING</u>	<u>ACCESSORIES</u>	<u>TOILETRIES</u>	<u>COOKWARE</u>	<u>ELECTRONICS</u>
Pack	Hiking Boots	Torch Light	Toilet Paper	Camping Stove	Camera
Tent	Sandals	Water Bottle	Trowel	Fuel	Lens Filters
Sleeping Bag	Shorts	Water Filtration	Chapstick	Cooking Pots	GoPro
Sleeping Pad	Pants	Carabiners (x2)	Coconut Oil	Plate/Bowl	Drone
Pack Liner	Quick-dry Shirts (x2)	Lighter (x2)	Sunblock	Camping Mug	Spare Batteries
Waterproof Pack Cover	Hiking Socks (x2)	Quick-dry Pack Towel	Bug Spray	Spork	Portable Battery
Ground Tarp	Quick-dry Underwear (x2-3)		Soap		Dry Bag
Compression Travel Pillow	Sports Bra		Toothbrush		Tripod
	Long Sleeve Thermal Shirt		Toothpaste		GPS Watch
	Down Jacket		Deodorant		Beacon Device
	Waterproof Jacket		Ear Plugs		
	Hat				
	Beanie/Buff				
	Gloves				

FOOD					
<u>BREAKFAST</u>	<u>LUNCH</u>	<u>SNACKS</u>	<u>DINNER</u>	<u>SPICES</u>	
Quick Oats w/ Brown Sugar	Tuna Sandwich	Beef Jerky	Dehydrated Meal	Salt	
	Hard Cheese (i.e. Manchego)	Gummies	Packets		
Pre-hard Boiled Eggs	Bagel/Roll	Protein Bars	Soba Noodles w/ Broccoli and Soy Sauce	Curry Powder	
Muffins	Pre-smashed Avocado	Chocolate	Mac & Cheese	Smoked Paprika	
Bagels	Peanut Butter & Jelly	Nuts	Pasta w/ Garlic & Oil		
Coffee/Tea		Trail Mix	Red Lentil Curry		

