

[Home](#)[Discover Adventure 16](#)[Store Locations](#)[Outdoor Resources](#)[Bulletin Board](#)[Events](#)

## Outdoor Resources

### [Discover Adventure 16](#)

#### [Products](#)

[Emergency](#)  
[Preparedness](#)

#### [Outdoor Resources](#)

[Backpacker's Checklist](#)  
[Wilderness Areas](#)  
[Trip Resources](#)  
[Recommended Hikes](#)  
[Outdoor Classes](#)  
[Guided Trips](#)  
[Rentals](#)

#### [Bulletin Board](#)

#### [Footprints](#)

#### [Wholesale](#)

#### [Postcards](#)

[Search](#)

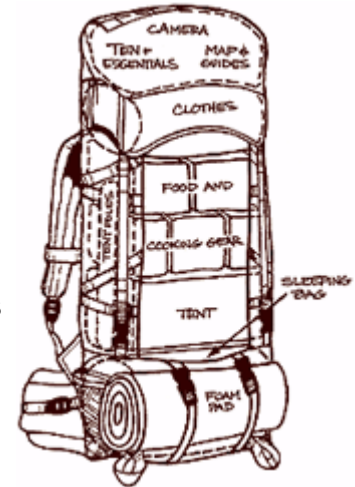
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## Adventure 16's Backpacker's Checklist & How to Pack

### How to Pack

Start with your sleeping bag in the bottom for a solid foundation. Put the heaviest items like your clothing, food, and cooking gear in the main compartment, keeping the weight close to your back, nearest your center of gravity. For men, this is higher, and for women it tends to be lower, towards the small of the back.



### Adventure Travel Checklist

#### Backpacker's Checklist

##### Pack & Sleeping

- Backpack
- Tent & Stakes
- Sleeping Bag
- Sleeping Pad
- Day Pack

##### Ten+Essentials

- Full 1 Qt. Water Bottle
- Matches or Lighter
- Compass and Map
- Basic First Aid Kit
- Whistle with neck cord
- 50 Ft. Nylon Cord
- Pocket Knife
- Emergency Blanket
- Energy Bar
- Sunglasses
- Sunscreen
- Flashlight and Extra Batteries

##### Clothing

- Boots, well sealed
- Camp shoes and sandals
- Liner Socks
- Hiking Socks
- T-Shirt

##### Group Equipment

- Stove
- Wind Screen
- Small Lantern
- Fuel and Funnel
- Matches/Lighter
- Water Filter/Chemical
- Insect Repellent
- Toilet Paper and Towel
- Trash Bag
- Repair Kit
- Large First Aid Kit
- Water Storage Container
- Bear Canisters
- Biodegradable Dish Soap
- Scrub Pad
- Dish Towel
- Large Utensils
- Pots and Fry Pan
- Small Cutting Board
- Pot Grip
- Drink Mixes
- Food
- Spices
- Snacks
- GPS
- 2-Way Radios

- Shorts
- Warm Shirt
- Long Pants
- Extra Underwear
- Thermal Underwear
- Warm Jacket/Fleece
- Rain Gear
- Gloves Fleece/Wool
- Hat with brim
- Warm Hat
- Clothes for drive home

### Miscellaneous

- Camera and Film
- Binoculars
- Bowl and Plate
- Insulated Cup
- Spoon and Folk
- Personal Toiletries
- Medication
- Lip Balm and Lotion
- lightweight towel
- Reading Material
- Note Pad and Pencil
- Lightweight Camp Chair
- Hiking Poles
- Bandanna
- Fishing Gear and License
- Stash Bags
- Extra Water Bottle or Hydration System

### Winter Camp Equipment Snow Camping

- Avalanche probes, beacons
- Boot protection/sealant
- Snow shovel
- Extra dark sunglasses/keeper
- Small piece of sleeping pad (ensolite) for stove
- Extra pot for melting snow
- Snow stakes
- Snow shoes
- Crampons
- Ice axe

### Ski Accessories

- Waxes/skins
- Scraper
- Cork
- Skis
- Poles
- Boots
- Spare parts
- Tools

[back to top](#)

## Adventure Travel Checklist

### Ten Essentials:

- Day Pack
- First Aid Kit
- Flashlight
- Sunglasses
- Pocket Knife
- Water Bottle
- Watch
- Sunscreen
- Hat
- Whistle

### Basic Travel Needs:

- Luggage
- Luggage Locks
- Luggage Tags

### Medication:

- Vitamins
- Laxative
- Motion sickness medicine
- Diarrhea medicine
- Prescription medicines
- Contact Lens Preparation
- Cold Medicine
- Pain Reliever
- Insect Repellent
- Record of required medications/shots

### Toiletries:

- Comb/Brush
- Shampoo

- Passport
- Visa
- Airline Tickets/confirmed reservations
- Important telephone numbers
- Hotel Reservations
- Maps
- Credit Cards
- Calling Card
- Driver's License
- Travel Clothing
- Walking Shoes/Hiking Boots
- Rain gear
- Umbrella
- Camera, and film
- Camera Batteries
- Binoculars
- Games or cards
- Alarm Clock
- Lightweight Travel Iron
- Sewing/repair kit
- Travel packs of laundry soap
- Electrical converter/adaptor
- Neck Pillow
- Undercover Security Pouch
- Global Money Exchanger
- Water Filter
- Pac-safe locking system
- Blow Dryer
- Towel/Washcloth
- Toothbrush/Paste
- Dental Floss
- Shaving Cream
- Deodorant
- Lotion/Cream
- Make-Up
- Nail Clippers
- Personal Hygiene Items
- Sunscreen
- Eye drops
- Lip Balm

[back to top](#)

[Home](#) | [Discover Adventure 16](#) | [Store Locations](#) | [Outdoor Resources](#) | [Bulletin Board](#)

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