



NZO

NEAR ZERO



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Backpacking Checklist

BOLD = Required. **NON-BOLD** = Optional or weather/situational dependent

Camping Gear

Big 4

- Backpack
- Tent or shelter
- Sleeping bag or quilt
- Sleeping pad



Basics

- Pillow
- Headlamp
- Tent footprint or tarp
- Rain gear



Camp Kitchen, Food & Hydration

- Food** (meals & snacks)
- Water** with reusable water bottle / container
- Water purifier** and/or tablets
- Hydration Bladder



- Cooking & Eating utensils**
- Packout bag**
- Mug / Cup
- Seasonings
- Drink mix / Tea / Coffee



Fuel

- Mini-Stove**
- Fuel**
- Kettle, Cooking pot or pan**
- Lighter / Waterproof matches**



Campfire

- Firestarter**
- Backpacking grill or tinfoil**
- Shovel**
- Saw or hatchet**



Personal Hygiene

- TP/Wipes** with bag to pack it out
- Toothbrush, toothpaste & floss
- Menstrual items
- Trowel
- Prescription medications
- Lip balm
- Hand sanitizer



Clothing (based on # of days & climate)

- Shoes** (appropriate for terrain)
- Synthetic or wool socks
- Underwear
- Long or short sleeve shirt
- Shorts or pants
- Jacket
- Beanie / Fleece hat



Other

- First-Aid kit**
- Knife**
- Navigation** (maps, compass, GPS)
- Itinerary (copy to be left in vehicle)
- Smartphone / Camera
- Backpacking chair
- Bug repellent
- Sunscreen
- Multi-tool
- Battery charger
- Trekking poles
- Apps (Star charts, navigation, bird & plant ID, ect)



- Repair kit (duct tape, needle, thread, etc)
- Permits (if required)
- Bear canister (if required)
- Biodegradable soap
- Cloth or quick-dry towel
- Organizational bags or stuff sacks
- Paracord
- Matches or flint & steel (back-up fire source)
- Camp-light (small lantern)
- Sunglasses
- Sun hat
- Gloves

