

Personal Packing List for Backcountry Tripping

Activity: Canoe Trip/ Backpacking Trip/ Camping Trip b y Lewis Williams

Often campers and trippers ask about personal items for backcountry trips. Here is a possible list of a wide range of personal items from which you might choose.

Date -	Weather -
# Nights -	Group/Participants -
Packs/Barrels- identify	Items for Drive to the Trip Start -water bottle, tea mug, CD's, clean Tshirt, ball cap, permits
Tent/Tarp/ Sleeping -tent (+ poles, pegs) -foot print/ground sheet -sleep pad -sleep bag -pillow -canoe seat in pack -sleep Tshirt -tarp -winter- toque	Activity Equipment -canoeing- canoe + yoke pad -paddles -PFD + whistle -throw bag/bailer -stool for truck loading (solo trips) -backpacking- rope - food bag for night storage/ bear bag - hiking poles - sitting pad - extra boot laces -whistle -winter- snowshoes/ x-c skis/ microspikes - hiking poles -repair kit
Toiletries -towel -toiletry bag- bio soap, toothpaste + paste, nail clipper, tick remover device, pain +joint inflammation meds, mirror, hair comb/brush, ear plugs, dental floss, alarm clock, deodorant, pencil, paper, feminine sanitary products + disposal items (tin foil, baggies, baking soda), allergy meds	Personal Eating/Drinking -bowl, plate, cup -knife, fork, spoon -hot drinks- personal tea etc -cooking- MSR/backpacker stove (test pre-use), fuel, fire grill, butane lighter /matches, fire gloves -pots, pasta strainer? utensils; wash basins x 3, soap, wash cloth, scrubber, javex -personal snacks- granola bars -drinking- 2 x 1L water bottles -purification tabs & jug, water bag filter, hand pump (clean pre-use)

Navigation -maps x 2. -plastic map case - compasses x 2 -GPS	Communication (test pre-use) -SPOT/ In Reach (emerg. GPS commun. device)/ satellite phone (test before trip departure)/cell phone
Survival Pouch Items - compass, knife, head lamps x2 + batteries, lighters x2, hot packs	First Aid - kit appropriate to activity and #'s- refer to Tripping Group Equipment list - emergency contact list - personal allergy meds
Clothing: Rain- jacket, pants	Clothing: Cold -
Clothing: Hot -	Clothing: Core base layer- mid-layer- outer layer-
Clothing: Legs -	Clothing: Feet in camp- on the water/trail- -winter- extra socks
Clothing: Head Cold- Sun-	Clothing: Hands -winter- extra mitts/gloves -paddling gloves
Other -rope/ para cord, sunglasses, sun block, glasses case, large knife, hammock, small pack for day hikes, binoculars, candle lantern, bear spray, carabiners, garbage bags, "pee bottle", camera, reading, games, folding chair spring/summer- bugs- head net, bug lotion, cotton gloves	Bathroom -bathroom dry sack (TP, shovel., hand sanitizer)