



Backpacking Checklist

Big Three:

Backpack: <input type="checkbox"/> Backpack <input type="checkbox"/> Daypack <input type="checkbox"/> Pack Cover	Shelter: <input type="checkbox"/> Tent or Bivy <input type="checkbox"/> Bug Netting <input type="checkbox"/> Footprint if Needed <input type="checkbox"/> Hammock or Tarp setup	Sleep System: <input type="checkbox"/> Pillow <input type="checkbox"/> Sleeping Bag <input type="checkbox"/> Quilt System <input type="checkbox"/> Air Mattress/Foam Pad
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Note: List is intentionally extensive, but not everything will be needed for your trip. Plan accordingly.

Kitchen: <input type="checkbox"/> Backpacker's Stove <input type="checkbox"/> Long Spoon/Spork <input type="checkbox"/> Fuel (Isobutane/White Gas) <input type="checkbox"/> Cookset <input type="checkbox"/> Mess Kit <input type="checkbox"/> Coffee System <input type="checkbox"/> Freeze Dried Meals <input type="checkbox"/> Trail Mix <input type="checkbox"/> Energy Bars	Gear: <input type="checkbox"/> **Lighter/Matches/Striker <input type="checkbox"/> **Water Filter/Tablets <input type="checkbox"/> Hydration Bottle x2 <input type="checkbox"/> Flashlight or Headlamp <input type="checkbox"/> Packable Lantern <input type="checkbox"/> Knife or Multitool <input type="checkbox"/> Trekking Poles <input type="checkbox"/> Lightweight Cord <input type="checkbox"/> Dry Bag(s)	Hygiene: <input type="checkbox"/> Toothbrush <input type="checkbox"/> Deodorant <input type="checkbox"/> Toilet Paper <input type="checkbox"/> Backpacking Trowel <input type="checkbox"/> Hand Sanitizer <input type="checkbox"/> Alcohol Wipes <input type="checkbox"/> Quick Dry Towel <input type="checkbox"/> Zip Lock Bags
Safety: <input type="checkbox"/> First Aid Kit <input type="checkbox"/> Moleskins/Blister Kit <input type="checkbox"/> Sunscreen/Lip Balm <input type="checkbox"/> Medication <input type="checkbox"/> Sunglasses <input type="checkbox"/> GPS <input type="checkbox"/> Map & Compass <input type="checkbox"/> Personal Locator Beacon <input type="checkbox"/> Whistle <input type="checkbox"/> Signal Mirror <input type="checkbox"/> Bear Deterrent	Clothing: <input type="checkbox"/> Hiking Boots/Trail Runners <input type="checkbox"/> Campground Shoes <input type="checkbox"/> Gaiters <input type="checkbox"/> Sun Shade hat <input type="checkbox"/> Wicking Base Layer <input type="checkbox"/> Insulating Mid Layer <input type="checkbox"/> Rain/Wind Jacket <input type="checkbox"/> Wicking Socks <input type="checkbox"/> Long Sleeve Shirt <input type="checkbox"/> Bandana or Buff <input type="checkbox"/> Wool Socks	Personal & Luxury: <input type="checkbox"/> Lightweight Stool/Chair <input type="checkbox"/> Monocular/Binocular <input type="checkbox"/> Camera w/ memory card <input type="checkbox"/> Battery Bank <input type="checkbox"/> Book/Games <input type="checkbox"/> ID/Itinerary/Cash <input type="checkbox"/> Multifunction Watch <input type="checkbox"/> Insect repellent <input type="checkbox"/> Wine Skin <input type="checkbox"/> Harmonica

**Its always a smart idea to have two methods of obtaining clean water and starting a fire!

Bored of Juan De Fuca & West Coast Trail? Try...

Cape Scott

Length: 18km
Duration: 1-2 Days
Level: Beginner & Intermediate Hikers

North Coast Trail

Length: 58km
Duration: 4-7 Days
Level: Experienced Hikers

Elkhorn Mountain

Length: 29.7km
Duration: 3 Days
Level: Intermediate Hikers

Mt. Albert Edward

Length: 35km
Duration: 1-3 Days
Level: Intermediate Hikers

Vancouver Island Spine Trail

Length: 770km
Duration: TBA
Level: Experienced Hikers

Phillips Ridge Trail

Length: 15km
Duration: 1-2 Days
Level: Intermediate Hikers

Golden Hinde Mountain

Length: 58km
Duration: 4-7 Days
Level: Experienced Hikers

*Completion time and length are only suggestions.