

Pioneer Survival Company's Adventure Backpacking Checklist

1. Bulk Gear

- Backpack with Rain cover
- Sleeping Bag or Blanket
- Sleeping Bag Liner (optional)
- Sleeping Pad
- Shelter (tent, bivi bag, ground cover, tarp) or
- Hammock System (hammock, straps, tarp)
- Shelter Accessories (poles, ridgelines, stakes)

2. Water Sterilization (choose best options)

- Non-Insulated Stainless-Steel Water Bottle (boiling)
- Water Filter (ie. Grayle, Universal Lifestraw, Sawyer)
- Pump Filter (ie. Katadyn)
- UV light (ie. SteriPen)
- Water Purification Tablets
- Bandanna or Cloth to Strain Sediment

3. Water Storage (choose best options)

- Non-Insulated Stainless-Steel Water Bottle (boiling)
- Insulated Plastic Water Bottles
- Water Bladder for Backpack
- Gravity Bag for Water Filters

4. Stoves (choose best options)

- Alcohol Stove
- Isobutane/ Propane Stove
- Gel Fuel Canisters
- Biofuel Stove (wood/ pellets)

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5. Essential Gear

- Fire Kit (Lighter & secondary fire-starting method)
- Knife
- Cordage (50 ft)
- Compass & Map and/or GPS
- Headlamp w/ Spare Batteries
- Cargo Tape
- Dry Sacks for Clothing and Gear
- Phone
- Battery Pack for Phone
- Permits
- Cash
- Trekking Poles

6. Cooking

- Cook Set
- Metal Cup
- Utensils (long spoon recommended)
- Bear Bag w/ 50 ft cordage
- Extra Bag for Packing Out Garbage (gallon Ziplock bags)
- Scouring Pad for Cleanup

7. Food (high calorie, high protein/ carbs)

- Breakfast for Each Day of Trip
- Lunch for Each Day of Trip
- Dinner for Each Day of Trip
- Trail Snacks for Each Day of Trip
- Water Flavoring & Electrolyte mixes

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8. First Aid Kit

- Basic First Aid (bandages, tape, gauze wrap, pads)
- Ibuprofen, Acetaminophen, Antihistamines
- Tweezers & Needle
- Moleskin
- Joint Wrap
- Cold Compress
- Tourniquet

9. Personal Items

- Medications
- Biodegradable Wet Wipes (for toileting and cleaning)
- Toothbrush & Toothpaste
- Sunscreen
- Bug Repellent
- Bug Net for Head

10. Clothing

- Foot Wear (boots, trail runners, hiking sandals)
- Lightweight Wool/ Synthetic T-Shirt
- Synthetic Long-Sleeved Shirt
- Synthetic Long Pants (zip off convertible pants are great)
- 3-4 Pairs of wool Socks
- Synthetic or Wool Base Layer
- Fleece Pullover or Packable Down/ PrimaLoft Jacket
- Wool or Fleece Hat
- Chore Gloves (lined/ waterproof per season)
- Sunglasses and Shade Hat
- Rain Gear (jacket/ poncho & pants)