

# Hiking & Adventures Backpack Checklist



## Year Round Gear

- |   |  |  |  |
|---|--|--|--|
| <input type="checkbox"/> Water                                      | <input type="checkbox"/> Sunscreen (a mini one is fine)      | <input type="checkbox"/> Small trowel, toilet paper, ziplock bag | <input type="checkbox"/> Microfiber towel                    |
| <input type="checkbox"/> Snacks (bonus for high protein!)           | <input type="checkbox"/> Extra hair ties                     | <input type="checkbox"/> Wet wipes                               | <input type="checkbox"/> Lifestraw/water filter              |
| <input type="checkbox"/> Medical kit with bandages & basic medicine | <input type="checkbox"/> Chapstick/Blistex/something similar | <input type="checkbox"/> Hand sanitizer                          | <input type="checkbox"/> Battery pack                        |
| <input type="checkbox"/> Emergency whistle                          | <input type="checkbox"/> Extra socks                         | <input type="checkbox"/> Mylar blanket(s)                        | <input type="checkbox"/> Lighter or matches                  |
| <input type="checkbox"/> Swiss army knife or multi-tool             | <input type="checkbox"/> A tick key/tick remover             | <input type="checkbox"/> Headlamp or flashlight                  | <input type="checkbox"/> Bonus: binoculars or trekking poles |



## Summer Extras

- |   |                                       |
|---|---------------------------------------|
| <input type="checkbox"/> Full size sunscreen            | <input type="checkbox"/> Rain ponchos |
| <input type="checkbox"/> Bug spray & bug bite treatment | <input type="checkbox"/> Electrolytes |

## Winter Extras

- |                                       |                                      |
|---------------------------------------|--------------------------------------|
| <input type="checkbox"/> Hand warmers | <input type="checkbox"/> Vaseline    |
| <input type="checkbox"/> Extra gloves | <input type="checkbox"/> Microspikes |