

Backpacking Gear List: The core essentials

Source: AllOutdoors.com/backpacking-gear-list/

- Water reservoir and/or bottles
- Water filters or treatment tablets
- Lantern or flashlight
- Extra batteries
- Food – always pack an extra day's worth of food
- Sleeping bag
- Sleeping pad
- Shelter
- Poncho (large enough to fit over your pack as well)
- Map or a guidebook
- Pen or pencil
- Compass
- Drink mix packets for electrolytes
- Extra socks
- 2 large garbage bags (or use them as pack liners)
- Permits and licenses
- First aid kit
- Knife
- Lighter or matches, waterproof container
- Fire kit for an emergency
- Sunscreen
- Whistle
- Reading or prescription glasses
- Sunglasses
- Jacket
- Identification
- Prescription medications
- Cash and credit cards

Safety additions to consider

- Emergency locator beacon

- Satellite phone
- GPS locator
- Altimeter (for higher elevation hiking)
- Bear Spray
- Epi-pen
- Gaiters
- Extra prescription glasses
- 2-way radios
- Foot care kit
- [Survival tips and tricks guide](#)

Optional fun additions

- Camera
- Binoculars
- Fishing kit
- Field guide
- Hammock
- Sketch supplies
- Playing cards