

Lightweight Backpacking Checklist

Backpack (3.5 lbs)

- 3,000+ cub inches
- plastic bag cover

Clothing (6 lbs)

- long under-armor (top and bottom)
- shirt (synthetic)
 - baggy nylon shorts or light baggy pants (synthetic)
- windproof waterproof jacket
- rain pants / jacket or poncho
- 2-3 pairs socks

Water (4-6 lbs)

- 1-liter nalgene
- 2-liter fold-up tote
- 70-oz camelback
- water purification tablets

Navigation (7 ozs)

- trail map
- compass
- topo map

Sleeping Gear (4-6 lbs)

- 35°F sleeping bag
- 3/4th length 1.5" sleep pad
- 1-person tent (or tarp)

Footwear (2-3 lbs)

- light, fitting, waterproof ankle-boots
- crocs / light camp shoes

Cooking Gear (1 lb)

- titanium pot with lid
- backpack stove w/fuel
- plastic/titanium mug
- sporf (or lexan spoon)
- small pocket-knife

First Aid (8 ozs)

- antibiotic cream
- 4"x4" gauze pads
- bandages
- moleskin
- medication (as needed)

Personal (8 ozs)

- headlamp
- matches/lighter/tinder
- mini-shovel
- whistle
- duct tape
- toilet paper
- small trash bag(s)

Total Weight: ~22-26 lbs (including food)

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