

THE **TWO FOOT TRAVELLER** 3 DAY BACKPACKING CHECKLIST

This list is not meant to be a definitive resource, instead, use it as a guideline and adapt items to your own personal needs. Please use this list in conjunction with the [Survival Essentials List](#).

Gear

- Backpack (~65 Liter)
- Compressible down sleeping bag
- Ground Pad (foam or inflatable)
- 32 oz Nalgene filled with water¹
- 32 oz Gatorade bottle filled with water¹
- Shelter (this could be a tent, tarp, hammock whatever floats your boat)²
- Water filter²
- Collapsible water bag to transport water in camp²

Tools

- A little pair of pliers (doubles as your pot handle)²
- Pocket knife
- Headlamp (make sure it has fresh batteries)

Kitchen Items

- Sturdy Tupperware (sandwich size) with the lid to use as a bowl
- Lightweight pot with no handle²
- Aluminum pie tin (used as a pot lid and a frying pan)²
- Spork
- 2 empty 1-gallon freezer bags (to put things like trash into)
- Backcountry stove²
- Stove fuel²

Food³

- Meals and snacks

Hygiene

- Hand sanitizer
- Small, lightweight shovel²
- A toilet kit consisting of wet wipes, toilet paper, 1-gallon ziplock bag, and a sack to store it all in
- For women: extra feminine products and tinfoil to wrap used items in

Pack out your trash, that includes used toilet paper and other bathroom items!

The 10 Essentials

- Anything on the survival list that you haven't already included

Clothing

- 3 pairs of wool socks
- Top and bottom base wicking layer⁴
- One t-shirt (preferably not cotton)
- Underwear
- Lightweight insulating layer⁴
- Warm hat
- Gloves
- Sun hat (like a baseball cap)
- Sunglasses
- Cotton handkerchief (good for sun protection)
- Camp shoes (flip-flops or similar)
- Hiking boots
- One pair synthetic pants (nylon is good)
- One pair of shorts (zip-offs are great)
- Fleece pants for night time (leggings are great for women)
- Rain jacket and rain pants
- Shell layer⁴

Toiletries

- Toothbrush/ toothpaste/ floss
- Sunscreen
- Bug spray
- Personal prescriptions

Optional Items

- Journal/ notebook
- Writing utensil
- Book
- Camera
- Umbrella
- Small tarp to put underneath your sleeping pad

1 - You may need more water than this, but you won't need less

2 - These items can be shared amongst group members if you're backpacking with friends

3 - See '[How to Create Your Own Easy Backpacking Meals](#)' to find out what and how much food to bring

4 - Make sure to read '[Don't be a Popsicle - How to Stay Warm While Camping](#)' for layering details