



Backpack Checklist

Recommended items on this checklist do not necessarily represent brand recommendations. Most items are available from numerous companies and should be selected based on your needs, planned usage and personal review. Note that this list should be personalized for your personal tastes. I've checked the items considered important for the BMDC event. I do have loaner items, such as tents, etc.

Cooking/Camp

Weights Oz

Backpack Stove: Snow Peak GST-100



Comments:
Outdoor supply companies offer a large variety of backpack stoves and several selections of fuel to choose from. The Snow Peak is light and the fuel container is convenient for most summer conditions.

Stove.....3.5
 Fuel Canister.....4.0

Kitchenware: Utensils, soap, sponge, matches



Comments: *Utensils are required. The basics include bio-degradable soap, a spork (spoon plus fork), a small sponge with a scrub side.*

Combined weight.....9.0

Camp Cup: MSR Cup, Snow Peak



Comments: *The camp cup serves multiple uses as a coffee, tea, drink cup as well as a plate/cup for freeze dried diner, etc. This year I went with the Snow Peak titanium cup.*

Snow Peak.....2.2

Cooking Kettle: MSR Kettle



Comments: *Provided by Trip Leader. Titanium is recommended for weight, although it's expensive. Use the smallest size you can based on the group size.*

Cooking kettle.....6.6

Utensils, Plates, Knives : Gerber



Comments: *There are a variety of utensils and knives to select from. I based my choice on weight and features. I don't need things like scissors (have in my first aid kit) or some of the additional tools they offer. I personally use my kettle for my plate.*

Gerber knife.....2.6

Coffee Filter: Melitta



Comments: *This is optional. A coffee filter and Peets coffee is a requirement (For me). This filter is a single cup size and uses the small paper Melitta filters.*

Coffee filter.....1.9

Water Purification: Steripen or Purification Tablets



Comments: *Water purification can be done with tablets, filter pumps or UV light with the Steripen. At the least make sure you have purification tablets in your gear. Tablets are the lightest and least expensive, but the Steripen is easy and quick.*

Steripen.....3.4

Liquid Container: Nalgene Wide-Mouth 16/32 oz



Comments: *This is optional. Nalgene has various sizes of containers that are made of flexible plastic and can be folded down as liquid is used.(great container to hold that mountain Chardonnay)*

Liquid Container.....8.0
(8oz of liquid)

Wine Glass: GSI Lexan Wine Glass



Comments: *An optional item for those traveling with comfort, the Lexan wine glass is a special creature comfort.*

Water Container.....2.8

Hydration Reservoir: CamelBak or quart water container



Comments: *Either a reservoir or another type of water container is required. I use a reservoir and fill it half full at home and keep it in my cooler until the trailhead.*

Hydration Reservoir..16.0
(Including 16oz of water)

Cooking/Camp 60oz (Includes optional items)

Total: 3lb 12oz

Clothing/Pack

Weights Oz

- Backpack:** Osprey Aether 60



Comments: *Selecting a light weight pack that has the right capacity is important. You need a pack with approximately 3700 cubic inches of carrying space for up to a week trip. This will give you extra space for shorter trips. Make sure you try different packs on for fit and comfort. The pictured pack is internal frame.*

Backpack.....54.0

- Hiking Boots:** Keen Targhee Mid-Hiking Boots



Comments: *Select a Boot based on the type of hiking you plan on doing. This boot is mid-height and good for trail and some off-trail usage.*

Boots (Pair).....36.0

- Hiking Pants:** ExOfficio Pants



Comments: *Choose light weight pants that have some pocket space for maps, etc. You may prefer convertibles or not. If not, you should add some light weight shorts.*

Hiking Pants.....7.7

- Hiking Shorts:** Pantagonia or REI Shorts



Comments: *These are optional, but recommended for the Sierra. Select light weight shorts that will be durable and have some pocket space. There are numerous brands to choose from.*

Hiking Shorts.....5.8

- Light Weight Rain Parka:** Marmont, North Face, Red Ledge



Comments: *Regardless of the current weather, you need to include a rain jacket or shell for emergency use. Red Ledge is one of the lightest and has received high ratings by Backpacker Magazine. There are numerous choices, so shop around.*

Rain Jacket.....12.0

- Long Sleeve Shirt:** ExOfficio, REI or Patagonia



Comments: *Include a light weight long sleeve shirt in your equipment. There are various brands that will provide some warmth plus keep those mosquitoes off.*

Long Sleeve Shirt.....9.0

Long Underwear Top: Various brands



Comments: *A light weight long underwear top needs to be included in your equipment. This can be used to “layer” for warmth and as a top for sleeping, depending on the temperature. Those who don’t have a Bernese Mountain Dog or sleep cold may want to include bottoms.*

Long Underwear.....9.0

T-Shirt: REI, Mountain Hardware, Outdoor Research



Comments: *I usually wear one t-shirt and keep one clean one in my pack. The shirt should be able to “wick” moisture away from your skin. Remember that these can be washed in camp with a bio-degradable soap and sun dried.*

T-Shirt.....8.2

Boxers/Briefs: Various brands



Comments: *Include an additional pair of light weight briefs in your pack. Remember, cloths may be washed and sun dried for longer trips.*

Boxers/Briefs.....2.0

Heavy Weight Socks: Wigwam, Thorlo, REI



Comments: *Using a heavy weight over a light weight sock provides additional comfort and “wicking” to keep feet dry, especially in hot weather. My preference is a heavy wool sock for the outer layer.*

Heavy Sock.....2.0

Light Weight Socks: Wigwam, Thorlo, REI



Comments: *The inner sock should be designed for passing moisture away from the foot. I usually include extra light weight socks in my pack, if not an extra outer pair of socks.*

Light Sock.....0.5

Camp Shoes: Chaco, Keen, Ahnu



Comments: *This is an optional item. I find it comfortable to have a pair of light weight shoes or sandals for camp use. This year I’m using light weight Crocs.*

Crocs.....10.4

Hat: Dorfman, Columbia, REI



Comments: You should always include a hat for sunburn protection. Sun stroke is a common cause for many emergencies. There are a variety of choices from wide brim to rain protection hats.

Hat.....3.0

Gloves: REI, Outdoor Research,



Comments: This is an optional item. I usually carry gloves, especially early or late season. Choose a light weight inner glove.

Gloves.....1.4

Insect Net: REI



Comments: This is an optional item. You may not use this often, but when it's necessary it's worth the extra oz's for protection from bugs.

Insect Net.....1.0

**Clothing/Pack 162oz (Includes optional items)
2oz**

Total: 10lb

Sleeping/Shelter

Weights Oz

Backpack Tent: Black Diamond Lighthouse



Comments: There are many backpacking tent options. The Black Diamond Lighthouse tent is expensive, but one of the lightest that is free standing and has plenty of head space and room for two or one plus dog.

Tent.....47.9
(packed weight)

Footprint: Black Diamond Lighthouse Footprint



Comments: A footprint should be placed under your tent to provide protection from dirt and moisture.

Footprint.....8.4

Sleeping Bag: Mountainsmith Phantom 35 degree



Comments: Your choice of sleeping bag and fill should be based on the seasonal usage and your sleeping temperature comfort level. This light weight bag is for summer use only.

Sleeping Bag.....56.0

Sleeping Pad: Thermarest, REI



Comments: Choose your sleeping pad length and thickness by your height and need for comfort. The ¾ length Prolite 3 is the smallest and lightest, but you may want a thicker mattress for comfort. Don't forget to include a patch kit for emergencies.

Sleeping Pad.....13.4

Sleeping/Shelter 125.7oz (Includes optional items)

Total 7lb 13.7oz

Personal/General

Weights Oz

Light: Petzel Headlamp or flashlight



Comments: Headlamps are the most convenient light source for backpacking. I find it perfect for night reading in my sleeping bag. There are numerous brands with different features and from two to four lights. The bulbs and batteries are long lasting and seldom need replacement.

Headlamp.....2.5

Cord: Lightweight cord



Comments: Lightweight cord serves various purposes from tying up the dog, hanging your food or drying your cloths.

Cord.....1.4

First Aid Kit: REI First Aid Backpack Kit, Adventure Medical Ultralight Kit



Comments: Your first aid kit should include basic medical supplies for the number in your party and the length of your trip. I've added medications and additional first aid items to fill out my kit. It's also a good idea to take a basic first aid class, such as one offered by the Sierra Club.

First Aid Kit.....8.9

Backpack Chair: Big Agnes, Crazy Creek



Comments: A backpack chair is an optional item that serves as a nice creature comfort after a long day of hiking. This chair works with your sleeping pad. Make sure you get the one that fits your pad.

Backpack Chair.....5.7

Digital Camera: Various brands



Comments: Choose a camera based on the features you want. Sub-compact cameras with 14 Mega Pixels are now on the market. I use the panorama feature on my Nikon S8000 for many of the landscape shots.

Digital Camera.....8.3

GPS Unit: Various brands (minimum a compass)



Comments: A GPS is an optional item, although a basic compass is a requirement for any backcountry trip. I use the Garmin GPSMAP 60 which allows me to put unlimited waypoint in. It has more features than I use, but always seems to have good satellite reception.

GPS Unit.....4.0

Topo Maps: National Geographic, USFS, etc.



Comments: The trip leader will supply these. I have a set of state topographical maps on my computer, build my route with waypoints on the appropriate map, and upload it to my GPS unit. I also print copies for my trip. I usually carry a map that covers a larger area of the wilderness to use for a "bigger" picture view as well.

Maps.....1.0

Radio/IPOD: Grundig Short Wave Radio



Comments: This is an optional item. I like a radio that get's FM reception to use at night or other times. Those who are so inclined may want to bring a small IPOD or similar music source for their own enjoyment.

Radio.....4.0

Trekking Poles: REI Peak UL Carbon Trekking Poles



Comments: This is an optional item. I started using trekking poles a couple summers ago. I use one pole since I need one hand free to handle the dog if he's on leash. I recommend them as a means of taking some of the weight off you legs and for improving balance.

Trekking Poles.....6.2

Insect Repellent: REI Jungle Juice



Comments: This is a requirement. I've tried different repellents, but always return to "jungle juice" since it's most effective. For the short time you use it, I figure it can't do too much damage.

Insect Repellent.....2.7

Backpack Towel: MSR or REI Pack Towel



Comments: *I take one of these for myself and one for my dog. (He carries it) It gets multiple use from dishes to morning clean up.*

Pack Towel.....1.0

General Personal Items:

Comments: *These are items you need for your daily activities. Always think in terms of weight. Many items you can get in small containers or sizes. Many are based on your personal preferences.*

Personal Items.....16.0

- Spare batteries** (1.2oz)
- TP** (mini rolls for backpacking) (2.2oz)
- Sewing Kit** (1oz)
- Paperback Book** (4.5oz)
- Sun Glasses** (2oz)
- Bathroom Supplies** (Toothpaste/Brush, Pills, Glasses, Contact Lenses/ Case, Saline, Sunscreen, Foot Powder, Sewing Kit)

Personal/General 61.7oz (Includes optional items)

Total: 3lb 13.7oz

Grand Total Backpack Weights

Area

- | | |
|---|-------------------|
| <input type="checkbox"/> Cooking/Camp 60oz | Total: 3lb 12oz |
| <input type="checkbox"/> Clothing/Pack 162oz | Total: 10lb 2oz |
| <input type="checkbox"/> Sleeping/Shelter 125.7oz | Total: 7lb 13.7oz |
| <input type="checkbox"/> Personal/General 61.7oz | Total: 3lb 13.7oz |

Grand Total 409.4oz (With all optional items)

25lb 9.4oz