

Backpacking Checklist

This is a ready-made checklist template for you to keep organized and track all the tasks one-by-one. You can use the Status column to checkmark your completed tasks.

Category	Item Name	Priority	Assignee	Statu
lothing	Insulating jacket	Medium		
lothing	Rain jacket	High		
lothing	Extra socks	Medium		
Cooking	Lightweight stove	High		
Cooking	Fuel for stove	High		
Cooking	Cooking pot	Medium		
Cooking	Utensils	Medium		
Cooking	Food and snacks	High		
Hydration	Water bottles or hydration system	High		
Hydration	Water filter or purification tabs	High		
Hydration	Electrolyte tablets	Medium		
Safety and Health	First aid kit	High		
Safety and Health	Insect repellent	Medium		
Safety and Health	Sunscreen	Medium		
Safety and Health	Personal medications	High		
Safety and Health	Multi-tool or knife	Medium		
Navigation	Map and compass	High		
Navigation	GPS device	Medium		
Navigation	Headlamp or flashlight	High		
Navigation	Extra batteries	Medium		
Miscellaneous	Backpack rain cover	Medium		
Miscellaneous	Trekking poles	Medium		
Miscellaneous	Bear spray (if necessary)	Medium		
Miscellaneous	Journal and pen	Low		
NOTES & COMMENTS				