

## Hikinginc.com Equipment Checklist for Backpacking Trip

Done?	No. on Hiking Inc.	Packing	Weight in Oz.	Notes
	-----	<b>Items</b>		
	1	Camp Stove and fuel		
	2	Pots		
	3	Utensils		
	4	Headlamp		
	5	Water Bottle (1 minimum)		
	6	Water Filter		
	7	Lighter		
	8	Trecking Poles		
	9	Sleeping mat		
	10	Sleeping bag		
	11	Tent/Bivy/Hammock		
	12	Backpack		
	-----	<b>Navigation</b>		
	13	Travel maps		
	14	Compass		
	15	GPS (optional)		
	-----	<b>Accessories / Comforts</b>		
	16	Ear plugs		
	17	Lip balm		
	18	Small Book, portable music, playing cards		
	19	First aid Kit (which includes remedies: headache, indigestion, diarrhea, mole skin)		
	20	Insect repellent		
	21	Towelettes		
	22	sunglasses		

