

# Backpacking – Level 5

## Checklists

### Checklists:

No one checklist will fit the needs of anyone’s trip. I will have a few different lists in this section that cover a wide variety of backpacking situations. These are just different lists that I have come across and decided to add here as reference materials. I do not have “a” list for my backpacking trips as all trips are different and you need to change and adapt to the situations that you will encounter. So without further ado here are the lists.

This first list is very comprehensive and has comments about the items.

Item		Comments	
Backpack	Gregory Palisade  Volume / weight by pack size: X-Small: 4000 cu. in. / 5 lbs. 9 oz. Small: 4550 cu. in. / 6 lbs. Medium: 4700 cu. in. / 6 lbs. 3 oz. Large: 5150 cu. in. / 6 lbs. 11 oz.	Removable daypack Water bladder compartment on the back Plenty of places to strap things Water bottle holders on the sides Durable, well made Heavy (new version is lighter) Large enough for trips less than a week	
Tent, Tent Stakes, Tie Down Lines	North Face Condor, Sierra Designs Clip Flashlight	North Face Condor is on the large side for a backpacking tent. Added fabric provides zip-closeable coverings for windows, doors and vents to keep things warmer in cool conditions. Definitely too big for solo trips; but nice when going with buddies.  Sierra Designs Clip Flashlight CD (pictured right) is small enough for solo trips and big enough for 2. Although not freestanding and traditionally vented (windows don't close), it's lighter and good when temperatures are sure to stay 40's+. Gear will have to stay outside.	

<p>Backpacking Stove (*)</p>	<p>MSR SuperFly Coleman Exponent Apex II</p>	<p>SuperFly - light, canister stove. The SuperFly is compatible with multiple fuel canister brands and one canister will last for 2 people for a 2 nights, 3 day trip with fuel leftover.</p> <p>Coleman Exponent Apex II - dual fuel (can use unleaded gasoline). The cheaper, more readily available fuel makes it a strong alternative to the lighter canisters. A fuel bottle filled 3/4 full lasted 3 days, 3 nights in mild conditions.</p>	 <p>Coleman Exponent Apex II</p>  <p>MSR SuperFly</p>
<p>Sleeping Bag</p>	<p>Marmot Sawtooth</p>	<p>This Goose down bag is good to temps down into the 30's. Starts to get cold in the 20's. Goose down loses its ability to keep you warm if it gets wet.</p>	
<p>Sleeping pad</p>	<p>Thermarest Z Rest</p>	<p>Lighter than the inflatable Thermarest and provides sufficient insulation and padding. Beginners may not think about needing a sleeping pad. Rest assured (pardon the pun) that you do.</p>	
<p>Cup</p>	<p>Big Sky Java Press</p>	<p>No more instant coffee for me. Java press is basically an insulated mug with a compatible plunger. Great coffee and a gratifying purchase. I love it!</p>	
<p>Food, Snacks</p>	<p>Mountain House Chili Mac Tuna Helper - Cheesy Noodle Ramen Noodles - Spicy Chicken Oatmeal Sugar Instant Milk</p>	<p>The Mountain House Chili Mac dinner is a favorite. The freeze dried meal is lightweight and adds protein to the diet. Too expensive to eat every meal but a nice treat for dinners.</p>	
<p>Hiking Shoes</p>	<p>Merrell Chameleon Ventilator - Low</p>	<p>Merrells are a very good brand of overall hiking shoes and boots. Make sure they fit comfortably, but loose, in the store. The synthetic material can be worn hiking the river or at river crossings.</p>	

Camp Shoes	Sandals	The one strap design should stay on in the river. It's important to have shoes that are sturdy enough to hike in if the other pair is giving you trouble.	
Hiking Poles (*)	Leki Makalu - Ultra Light titanium	Using a pair of hiking poles can take considerable stress off your knees, especially when going downhill. They also add stability during normal hiking, make steep ascents a lot easier and are often needed at water crossings.	
Water Filter (*)	Pur Hiker	You can filtered some pretty stagnant water and this filter will do fine. The downside is that you have to replace the element after a period of time. Some of the ceramic element filters like the Katadyn Pocket Filter claim to filter up to 13000 gallons; but can be as much as 3 times more expensive.	
Rain Jacket	Marmot Precip	Simple rain shell (not lined) with arm pit vents. Vents well and keeps you dry. Wear fleece jackets and your warm hat underneath for warmth. Put on over other clothes on a cold night and pull hood up.	
Poncho	Camp Inn Backpacking (aka packframe) Poncho	Protects both you and your pack. Can use it to cover packs/gear outside for overnight stays in the rain.	
Knife (*)	Gerber Chameleon II folding lock blade	Affordable and rugged.	

Pepper Spray	Counter Assault Bear Spray.	Weighs 11 oz with contents of 8 fl oz so it's pretty good size.	
Nalgene Bottle (*)	Wide opening version	Easy to mix gatorade and clean with the wide opening. Wide opening also compatible with the Pur Hiker filter. Small carabineers can be used to clip the bottle to your pack.	
2 Fleece Tops	Marmot DriClima Windshirt plus a 2nd lightweight zippered fleece jacket	These lightweight jackets can be layered to keep you warm. Windshirt is a bit pricey but is worth the extra money. It's extremely comfortable and the shell helps keep the wind at bay which is especially important on exposed ridgelines.	
Compression Sacks	Granite Gear Compression sacks - 9x20 and a smaller version.	Put your dirty close in a zip lock and put the zip lock in the compression sack. Put the rest of your clothes inside and cinch down the sides to save space in the pack. Makes a lot more room available for other stuff. Especially nice when trying to get the most out of a medium sized pack.	
Convertible Quick Dry Hiking Pants	Columbia or equivalent	Quick dry material. Legs zip off to yield shorts. Use them as shorts during the day and zip the legs on at night. Quick dry material stays more comfortable than cotton which can stay wet for a long time.	
Flashlights (*)	Princeton Tec MATRIX LED & Incandescent Headlamp Princeton Tec IMPACT LED Flashlight	The headlamp type light is the best thing to have when backpacking. Keeps your hands free when cooking or setting up the tent... no more holding the flashlight in your mouth or under your chin. The LEDs used by these lights are more energy efficient than their incandescent peers. The MATRIX (using the LED) headlamp can last for more than 100 hours when using lithium batteries (energizer makes a lithium AA battery). The MATRIX and IMPACT lights are both waterproof. The MATRIX headlamp also comes with	

		an incandescent bulb which can be swapped in/out with the LED. Light is slightly blue and not as bright as traditional flashlights but worth it. Don't have to carry as many spare batteries.	
Batteries	Energizer Lithium AA	Lithium batteries and LED lights can last a long time.	
Water Treatment Tablets	Potable Aqua tablets	Used if filter gets clogged. Good to have as a filter back-up.	
First Aid Kit	Blister Medic and/or other backpacking first aid kit (e.g. Adventure Medical Trail Kit)	The Blister Medic and Adventure Medical Trail Kits are both pictured at right.	
Compass	Silva Guide	This compass comes with a mirror which can be used for emergency signaling.	
Biodegradable Soap	Campsuds	Less harmful to the environment. Wash dishes away from your camp site and away from the river.	

Camp Towel	PackTowl pictured.	Small and light yet works to dry off after a swim	
Water Bladders	Platypus bladders	Available in various sizes you can fill them up, throw them in the water compartment on the back of your pack and switch the drinking hose when one runs dry.	
Fork, Spoon	A heat resistant plastic is lightweight and works for cooking. Metal fork, spoon, knife combos are also popular.		
Can Opener	The small can openers work fine and don't weigh a lot		
Wicking Shirts	Coolmax Alta, Dri-Fit, or equivalent (non-cotton)	It'll only take you one trip to ditch the cotton. These synthetic materials dry faster thus keeping you more comfortable in the heat and warmer in the cold.	
Drinking hose	Platypus knockoff works with the Platypus bladders	You can buy the hose packaged with a bladder; but may be able to find one separately.	
Moisturizing hand lotion, Hand sanitizing lotion	Travel Sizes	The hand sanitizer kills germs on hands when washing is impractical.	
Warm Hat	Fleece or alternative warm hat	A significant amount of heat is lost through your head, cover it up in cool weather.	
Gloves	Light running gloves work good in cool weather.	If you're going cold weather backpacking, you'll want waterproof gloves	
Matches	A book/box of matches in a freezer bag	Backs up the lighters. Might want to purchase waterproof matches.	
Carabineers	Small, non-climbing, key chain type carabineers	Tie to clothesline and use to hang your food. Clip camp shoes and cups to your pack.	
Fire Starters	The lightest of the selection	Came in a small plastic bag with about 12 sticks about the size of cigars. Good for helping start fires.	
Whistle, Thermometer, Compass, Key Chain (*) - All in One	Easily accessible and clips to your pack or key ring	Combo device adds safety and can let you know how cold it got last night	
Moist Towelettes	Wet Wipes	These little handy wipes can make you feel clean	

Stove Shield	Might be able to make one out of a wire coat hanger and foil.	Flame/heat resistant wind guard that wraps around stove yet allows proper ventilation. Can help preserve fuel by heating food faster.
Freezer Bags	Zip Lock or equivalent	Gallon size can be used for trash. Use others for repackaging food, keeping toilet paper dry, and keeping related items together.
Bowl	Use a permanent marker to mark the outside of a translucent bowl at 1/2 cup intervals. This helps you measure water for cooking. The Nalgene bottles (above) are marked in ounces & milliliters (1 cup = 8 oz).	
Pan / lid	I use the cheapest lightest sauce pan I could find at the store. A lid helps things cook faster and preserves fuel.	
Pillowcase	Stuff your clothes in the pillowcase at night and you have a pillow.	
Rain Pants	Keeps wind from cooling legs at night, put on over convertible pants. Breathable preferred. Non-breathable will still keep the wind off; but you'll sweat.	
Warm up pants	Use to keep legs warm at night. Put on over convertible pants. May not want to pack both rain pants and warm-up pants. Just be sure to have rain gear of some type.	
Gatorade Powder	Helps keep energy levels up and stay hydrated	
Water	Depending on the availability of water on the route, you should usually have 4-5 liters of carrying capacity. 1 L - Nalgene, 2 L - platypus bladder and 2 - 1L Platypus bladders. Start the trip with approx. 1L Gatorade, 2.5 liters water (more or less depending on the distance to the next known water source and temperature).	
Shovel	The smallest and lightest found at the store. Don't need anything fancy.	
Dental Floss	Use for flossing your teeth and when string is needed.	
Toothbrush	Hardcore backpackers will cut the handle in half to save weight. Can use a Tic Tac case to cover the end.	
Clothesline	Use as clothesline, use to hang your food	
Trash Compactor Bag	Lines the inside of my pack. This durable plastic bag is several times thicker than a trash bag and can keep contents dry.	

### More Gear

Bug Spray	Safety Pins	Duct Tape	Toothpaste - Travel Size
Handkerchief / Bandanna	Non-Cotton Socks	Ground Cloth / Tarp	Pot Scrubber
Comb, Brush	Lighter (mini)	Swimming Suit	Trash Bags / Ties
Lib Balm w/Sunscreen	Multi Tool (*)	Sunscreen	Sewing / Repair Kit
ID	Camera digital cheap	Zip Locking Ties	Watch
Permits - Camping, Fishing, Hunting	Map (Waterproof Topographic)	Hat	Fishing Pole / Gear
Money	Sock Liners	Undergarments, Long Underwear	Mirror
Pencil, Paper	Biodegradable Toilet Paper	Sunglasses	Itinerary Left With Someone
Watch (waterproof)	Belt (non-leather, waterproof)		

Below is what you found in Level 1

### **1. Navigation**

- Map (with protective case)
- Compass

### **2. Sun protection**

- Sunscreen
- Lip balm
- Sunglasses
- Wide-brim hat

### **3. Insulation**

- Jacket, vest, pants, gloves, hat

### **4. Illumination**

- Headlamp or flashlight (plus spare)
- Extra batteries

### **5. First-aid supplies**

- First-aid kit, blister kit
- Insect Repellant
- Duct Tape

### **6. Fire**

- Matches or lighter
- Waterproof container
- Fire starter (for emergency survival fire)

### **7. Repair kit and tools**

- Knife or multi-tool
- Kits for stove, mattress; duct tape strips

### **8. Nutrition**

- Extra day's supply of food

### **9. Hydration**

- Water bottles or hydration system
- Water filter or other treatment system

### **10. Emergency shelter**

- Tent, tarp, reflective blanket
- Sleeping Bag
- Sleeping matt or pad
- 50' nylon cord
- Garbage bag(s)

### **11. Clothing**

- Clothes for hiking (consider long sleeves for sun and bugs and long pants the lightweight easy drying kind)
- Clothes for in camp
- Trekking Poles (Walking Sticks)
- Boots or shoes suited to terrain
- Socks (synthetic or wool) plus spares
- Sandals (for fording, in camp)

- Bandana

#### **12. Food**

- 3 meals per day total of 2500 – 3000 calories minimum
- Dehydrated meals or no cook meals are easiest when on the trail
- Plastic eating utensils

#### **13. Personal**

- Toilet paper
- Toothbrush
- Deodorant
- Hand Sanitizer

#### **14. Outlook**

- Positive Attitude
- “Can Do” Spirit
- Permits
- Wallet
- Trip itinerary left with a friend and under car seat

I can say that I use the second checklist as it is straight forward and is more of a checklist than an explanation of what the item is. It is just my preference. As I said before your list will change with every trip you take. Develop you own checklist with alternatives for cold, hot and rainy weather.

### **Backpacking Level 5 Requirements**

1 – What is your checklist?