

BACKPACKING EQUIPMENT CHECKLIST

FOOD/COOKING

- Stove and Windscreen
- Fuel
- Cookset and Pot Lifter
- Cup/Mug
- Eating Utensils
- Waterproof Matches*
- Zip-Lock Bags
- Salt, Pepper, Seasonings
- Food (1.5-2 lbs. per day)
- Coffee, Tea, Drink Mixes

PERSONAL

- Toothbrush/Paste
- Toilet Paper
- Biodegradable Soap
- Sanitary Supplies
- Pack Towel
- Sun Screen*
- Insect Repellent
- Lip Balm
- Personal Medications

CLOTHING

- Socks and Liners
- Underwear (cotton for warm weather only!)
- Hat for Rain or Sun*
- Windbreaker/Shell
- Rain Wear*
- Fleece Sweater/Jacket
- Bandanas
- Hiking Shorts/Pants
- Shirt(s)
- Hiking Boots
- Swim Suit (optional)

FOR COLD WEATHER

- Insulated Parka
- Fleece Jacket and Pants
- Outer Shell Garments (Waterproof and Breathable)
- Hat/Balaclava
- Gloves/Mittens
- Polarguard Booties
- Wool/Fleece Sweater
- Vapor Barrier Liner
- Water Bottle Parka
- Sun Glasses

Safety Measure

- Always leave a detailed trip itinerary in writing with a responsible person.

NECESSITIES

- Waterproofed Trail Map*
- Compass*
- Flashlight or Headlamp*
- Spare Batteries and Bulb*
- Knife*
- Nylon Cord (50 ft.)
- Repair Kit (Spare Pins & Rings, Duct Tape, Sewing Kit, Patch Kit for Thermarest)
- Canle Lantern/Candles*
- Water Bottles/Bladder*
- Iodine Pills/Water Filter*
- First Aid Kit*
- Moleskin*
- Identification and any Pertinent Medical Info

SHELTER

- Tent
- Sleeping Bag
- Sleeping Pad
- Groundcloth for Tent
- Lightweight Tarp (for Cooking or Emergency Shelter)

OTHER THINGS THAT ARE NICE TO HAVE

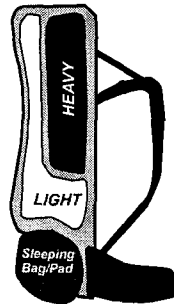
- Camp Shoes
- Binoculars
- Fishing Gear
- Kite
- Notebook and Pencil
- Camera
- Field Guide
- Pack Games
- Stuff Sacks for Organizers
- Book ie. Thoureau's *Walden* or London's *Call of the Wild*

FOR BACKCOUNTRY WATER TRAVEL

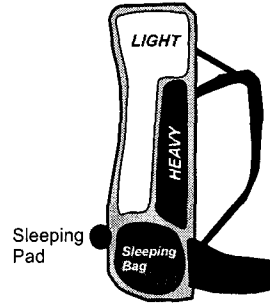
- Snow Shoes or Skis with Climbing Skins
- Ski Poles and/or Ice Axe
- Crampons
- Avalanche Beacon
- Breakdown Shovel

CAMPMOR'S Backpack Cheat Sheet

How to Pack your Backpack



**EXTERNAL
FRAME**



**INTERNAL
FRAME**

A good packing job can make a big difference in how your pack carries (especially so with internal frame packs).

Follow the weight distribution diagram to the left and be sure to pack the load firmly. You waste a lot of energy compensating for a constantly shifting load. If you back has compression straps - use them!

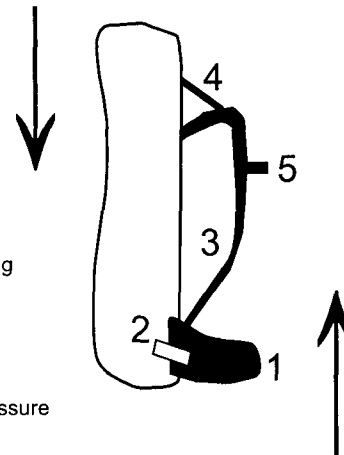
Think about what you'll need during the day and put these things in the top lid, side pockets or the top of the main compartment.

Remember...the higher the weight is in the pack, the more upright and comfortable your walking position will be. However this can have a greater effect on your balance. Find the compromise that works best for the terrain you are on.

How to use the Suspension System on your Backpack

- I. Always start with all straps loose.
- II. Get the hipbelt (1) on your hipbones and fully tighten.
- III. Pull forward firmly on the hipbelt stabilizer straps (2).
- IV. Tighten shoulder harness (3) so that it fits snugly over your shoulders (no gaps).
- V. Pull down on the upper load stabilizer strap (4) (make them snug but do not overtighten).
- VI. Connect the sternum Strap (5) and tighten (do not overtighten).
- VII. For a better fit, back off a little pressure from the shoulder harness.
- VIII. Remember to loosen all the straps in reverse order before you take off your pack and loosen belt before you unstrap.

To loosen pack
(work from 5 to 1)



To tighten pack
(work from 1 to 5)

Caring for your Backpack

WASHING INSTRUCTIONS

Handwash your pack with a mild soap such as Woolite or sports wash and a sponge. Never use strong detergents or a washing machine as they may harm the coatings on the fabric.

WATERPROOFING

If heavy rains are expected:

1. Pack items that must stay dry in waterproof plastic or nylon bags.
2. Use a rain cover over the pack.

STORAGE

Store your pack in a cool, dry place, but never store it against a concrete floor or wall. The moisture and chemicals in the concrete can damage the nylons in the pack. Do not store fuel or batteries in your pack as they may leak!

*These items should be carried at all times, even when day hiking, as an unexpected emergency could keep you overnight.

CAMPMOR

810 RT. 17 N. Paramus, NJ 07653
for more info please call 201-445-5000