

WER's Three Season Backpacking Check List

The following check list is only a guide. More or less items and some not even mentioned may be required by your trip. Use this checklist as a starting point and modify it according to your level of experience and trip specifics.

To wear to trailhead:

- Shirt (synthetic preferred)
- Underwear.
- Shorts (synthetic preferred)
- Whistle on a string (around neck)
- Hiking shoes or boots. They should provide ankle support, have a sturdy sole (relative to your load and terrain), and be waterproof.
- Socks – preferably not cotton. Wool, synthetics, or a blend is best.
- Liner socks
- Watch

Insulation (not made of cotton). Anything made of wool, down, pile, polypropylene, etc.

- Warm hat
- Warm gloves
- Warm jacket
- Thermal underwear top
- Thermal underwear bottom (mid weight synthetic fabric)
- Rainwear jacket
- Rainwear pants

Clothing (depending on length of trip)

- Extra Underwear
- Extra T-shirt (synthetic)
- Extra Shorts (synthetic)
- Extra socks
- Extra liner socks

Optional Clothing: (depending on season, location, and activity)

- Lightweight pants
- Warm vest or sweater
- Camp Shoes: e.g.: Tevas, sandals, lightweight sneakers, etc.

Toiletries:

- Toothbrush
- Toothpaste - The sample sizes of toothpaste are compact and lightweight.
- Medications (if necessary. Make sure they are stored in a waterproof container and bring extra in case some get lost)
- Personal hygiene items
 - Foot powder
 - Biodegradable soap
 - Hand Sanitizer
- Lip balm
- Sunscreen (30+ SPF)
- Check out WER's Guide to Sun Protection
- Sponge (for cleaning your body)

Additional Equipment:

- Sun visor or baseball cap
- Lightweight mug
 - Bowl
 - Spoon
- Water bottles (enough to hold two quarts of liquid = 64 ounces)
- Headlamp
- Pocketknife or leatherman type tool.

Large items:

- Back pack.
- Pack cover (or line your back pack with a large plastic garbage bag)
- Tent
 - Poles
 - Stakes
 - Ground cloth for your tent
- Sleeping bag (packed inside a waterproof plastic bag or stuff sack)
- Sleeping pad

Eyewear:

- Reading glasses in hard case (if needed)
- Sun glasses in hard case with retaining strap

FIRST AID KIT

What is in a First Aid Kit is rarely what saves lives. It is your knowledge and skills to prevent and handle an emergency that is most important. When creating your first aid kit consider the following questions:ⁱ

1. Purpose of the trip? What type of activity are you participating in, and what are the most common injuries associated with those injuries?
2. What is your level of Medical Training? Do not carry anything in your first aid kit that you are not familiar with.
3. Destination and Season: Consider the terrain, weather, and tendency of endemic diseases, and other inherent dangers of the trip's location. Consider the season your trip takes place and injuries or illnesses associated.
4. Length of Trip: What is the total time you and your group must be supported from the kit?
5. Time for Evacuation or Medical Rescue: During your pre-trip planning make a conscious realization of the time that may be required for you to summon help and then add the time that may be needed for rescuers to arrive.
6. Size of the Group: How many people will you have to care for?
7. Bulk, Weight, and Cost: Carry items that are multi purpose. What items can be improvised with other items you may be carrying.

REPAIR KIT

- | | |
|---|--|
| <input type="checkbox"/> Extra flashlight batteries | <input type="checkbox"/> Bailing Wire |
| <input type="checkbox"/> Extra flashlight bulb | <input type="checkbox"/> Seam Grip |
| <input type="checkbox"/> Sewing kit | <input type="checkbox"/> Extra lighter or matches |
| <input type="checkbox"/> Sleeping pad repair kit (if necessary) | <input type="checkbox"/> Water disinfecting tabs (as an emergency back up) |
| <input type="checkbox"/> Extra cordage (20'+) | <input type="checkbox"/> Duct tape (10'+) |
| <input type="checkbox"/> Stove repair kit | |

- Topographic Map(s)
- Compass with mirror

COOKING:

- Two nesting pots with lid
 - Pot grabber
- Cotton Bandanna or "cook rag" (*a multitude of uses from first aid to a pot holder to a napkin*)
- Stoves
 - Stove fuel
 - Stove pump
 - Windscreen
 - Lighter
- Water disinfection and/or filtration equipment
 - Water filter brush and repair equipment
- Food storage equipment. IE: 75' rope x 2, carabineer.
- Toilet paper
- Trowel

FOOD

- | | |
|---|--|
| <input type="checkbox"/> Stuff sack for dinner items | <input type="checkbox"/> Small plastic sack for packing out garbage |
| <input type="checkbox"/> Stuff sack for lunch/snack items | <input type="checkbox"/> Spices (<i>salt, pepper, sugar, cayenne, etc</i>) |
| <input type="checkbox"/> Stuff sack for breakfast items | |

OPTIONAL (to be decided upon)

- | | |
|---|---|
| <input type="checkbox"/> Camp chair | <input type="checkbox"/> Insect repellent |
| <input type="checkbox"/> Pen and paper | <input type="checkbox"/> Mosquito head net |
| <input type="checkbox"/> Camera | <input type="checkbox"/> Extra large plastic bag |
| <input type="checkbox"/> Film | <input type="checkbox"/> Guidebook (plants, animals, flowers) |
| <input type="checkbox"/> Bandanna (<i>a multitude of uses from first aid to a sweat band</i>) | |

Provided by Wilderness Emergency Resources: www.we-r.org. 303-926-8547

ⁱ Wilderness Medical Society Practice Guidelines for Wilderness Emergency Care