

# Packing Checklist: Thru-Hike / Ultralight Backpacking

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Distance: 20+ miles (per day) | Days: 10+ | Pack Weight: 20 lbs

## Equipment

- Bivy / tarp / hammock / ultralight tent
- 10ft nylon cord, guylines, stakes (if needed for shelter)
- Ultralight down or synthetic sleeping bag
- Short sleeping pad
- Ultralight backpack (30-60L)
- Trekking poles (esp. if needed for tarp or shelter)

## Food & Water

- One or two light meals, snacks
- Food storage bag
- Anti-bear food storage system (if needed):
- 40-60ft rope, large sack, bear canister
- Water bladder / water bottle
- Personal-size water filter or water treatment drops or tablets
- Canister stove, fuel
- Lighter / matches
- Titanium or ultralight aluminum cookpot with lid
- Mug, spork

## Clothing

- Synthetic or merino wool underwear and socks
- Synthetic or merino wool baselayer top and bottoms
- Midlayer top - fleece or puffy
- Rain jacket and pants
- Hiking pants / shorts (softshell / convertible)
- Hiking shoes / Backpacking boots
- Gloves
- Sun hat / beanie / bandana / Buff
- Sunglasses

## Emergency Repairs

- Map
- Compass / GPS watch
- Whistle
- Rechargeable headlamp
- 3 ft duct tape
- First aid kit
- Ultralight knife / multi-tool

## Personal

- Cell phone & charger
- Rechargeable power pack (solar or plug-in)
- ID, debit or credit card, cash
- Permit, if needed

## Hygiene

- Toothbrush, baking soda
- Camp soap / baby wipes
- Sunscreen, lip balm
- Insect repellent
- Mini pack towel
- Trowel / waste removal system
- Toilet paper in resealable bag

## Optional

- Stuff sacks / dry bags (for clothing or gear)
- Dental floss
- Bear spray
- Mosquito netting
- Gaiters
- Windshirt
- Flip-flops
- Sunglasses case
- Reading material / playing cards
- Journal / pen or pencil