

Family Backpacking Checklist

*Built (and tweaked) over many overnight trips, tailored for 2 adults and 2 kids.
Assumes you're doing minimal cooking with freeze-dried food, so adjust as needed.*

Core Gear & Shelter

- ☐ Backpack x 4 (with rain cover or bring trash bags)
- ☐ Sleeping bags x 4
- ☐ Sleeping pads x 4
- ☐ Air pump (optional)
- ☐ Pillows x 4 (optional)
- ☐ Chair / Sit Pads x 4 (optional)
- ☐ 2-Person Tent x 2
- ☐ Trekking Poles (optional, unless needed for tent)
- ☐ Small first aid kit
- ☐ Small knife
- ☐ Carabiners (optional, clip camp shoes to pack)
- ☐ Gear tape / patches
- ☐ Headlamps x 4 (incl. spare batteries)
- ☐ Zip locks
- ☐ Phone (or satellite phone)
- ☐ Power pack for phone (optional)
- ☐ Cigarette lighter x 2
- ☐ Fire starters (optional)
- ☐ Printed Trail Map
- ☐ Bear Spray (location-specific)
- ☐ Bear Bag + 50 ft Paracord (location-specific)
- ☐ Dry Sacks (optional)

Cooking & Food Prep

- ☐ Stove
- ☐ Small Propane Canister
- ☐ Cook Pot
- ☐ Cups x 4 (for hot beverages)
- ☐ Dish soap (optional)
- ☐ Utensils or Spork
- ☐ Trash bag (or use big ziplocks)
- ☐ Paper towels (optional)

Water & Hydration

- ☐ Water bottles
- ☐ Water filter kit
- ☐ Electrolyte packets (optional)

Food & Snack Ideas

- ☐ Freeze Dried Food
- ☐ Instant Oatmeal
- ☐ Trail Mix
- ☐ Instant Coffee
- ☐ Powdered Creamer
- ☐ Hot chocolate packets
- ☐ Bars
- ☐ Peanut butter and granola mixed on pita bread
- ☐ PBJs
- ☐ Beef Jerky
- ☐ Candy

Clothing

- ☐ Hiking shoes
- ☐ Socks (extra in case wet)
- ☐ Camp shoes (optional, crocs or sandals)
- ☐ Layers for Warm Weather:
Shorts, short-sleeve shirt
- ☐ Layers for Cold Weather:
Baselayers, hiking pants, fleece,
long-sleeve shirt, puffer jacket,
gloves
- ☐ Hat or Beanie
- ☐ Poncho / Rain Coat (doubles as windbreaker)
- ☐ Sunglasses (optional)

Personal Care

- ☐ Toothbrush + toothpaste (optional)
- ☐ Sunscreen (optional, small bottle or stick)
- ☐ Bug spray (optional, small bottle)
- ☐ Toilet paper
- ☐ Wet wipes (optional)
- ☐ Hand sanitizer (small bottle)
- ☐ Trowel
- ☐ Soap (optional)

Reminders

-  Charge power packs, pump, headlamps
-  Download offline maps
-  Check the weather
-  Keep water or snacks in the car for post-hike
-  Make sure you can locate your car keys easily when you return
-  Leave plenty of time to hike in

Extras

- ☐ Games
- ☐ Star Map
- ☐ Walkie Talkies
- ☐ Scale (to weigh packs)

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