

Backpack	
Backpack	<input type="checkbox"/>
Backpack rain cover	<input type="checkbox"/>

Shelter	
Tent	<input type="checkbox"/>
Groundsheet	<input type="checkbox"/>
Stakes (if separate)	<input type="checkbox"/>
Poles (if separate)	<input type="checkbox"/>

Sleep System	
Sleeping bag or quilt	<input type="checkbox"/>
Sleeping pad	<input type="checkbox"/>
Pillow (optional)	<input type="checkbox"/>
Liner (optional)	<input type="checkbox"/>

Clothing	
Worn	
Hiking shirt	<input type="checkbox"/>
Hiking pants or shorts	<input type="checkbox"/>
Underwear	<input type="checkbox"/>
Socks	<input type="checkbox"/>
Hiking shoes	<input type="checkbox"/>

Packed	
Baselayers (top & bottom)	<input type="checkbox"/>
Insulation top	<input type="checkbox"/>
Rain jacket and pants	<input type="checkbox"/>
Extra socks (two pairs)	<input type="checkbox"/>
Extra underwear (optional)	<input type="checkbox"/>
Camp shoes (optional)	<input type="checkbox"/>

Cooking and Water Treatment			
Pot	<input type="checkbox"/>	Food bag	<input type="checkbox"/>
Stove	<input type="checkbox"/>	Coffee mug	<input type="checkbox"/>
Fuel Canister	<input type="checkbox"/>	Plate or bowl	<input type="checkbox"/>
Matches and/or lighter	<input type="checkbox"/>	Spoon or fork	<input type="checkbox"/>
Water filter or treatment	<input type="checkbox"/>	Water bottles or reservoir	<input type="checkbox"/>

Toiletries			
Sunscreen	<input type="checkbox"/>	Biodegradable soap	<input type="checkbox"/>
Bug spray	<input type="checkbox"/>	Bandana	<input type="checkbox"/>
First aid kit	<input type="checkbox"/>	Trowel	<input type="checkbox"/>
Toothbrush & toothpaste	<input type="checkbox"/>	Wet wipes	<input type="checkbox"/>
Floss	<input type="checkbox"/>	Ziploc (to pack out wipes)	<input type="checkbox"/>
Chapstick	<input type="checkbox"/>	Hand sanitizer	<input type="checkbox"/>

Safety	
Satellite messenger	<input type="checkbox"/>
Headlamp	<input type="checkbox"/>
Knife	<input type="checkbox"/>
Duck tape and/or paracord	<input type="checkbox"/>
Bear canister (check regs.)	<input type="checkbox"/>

Other	
Trekking poles	<input type="checkbox"/>
Book	<input type="checkbox"/>
Phone	<input type="checkbox"/>
Power bank and cords	<input type="checkbox"/>
Sunglasses and/or sun hat	<input type="checkbox"/>
Permits	<input type="checkbox"/>
Car keys & ID	<input type="checkbox"/>