

3-Season 24-hour Backpacking List		
Category	Item Description	Weight
Packing System	Backpack	
	Cover/Liner	
	Stuff sacks	
	Food/Bear bag	
Shelter & Sleeping	Tent/Tarp	
	Down sleeping bag	
	Air mattress (insulated)	
Cooking Kit	Alcohol stove	
	Aluminum Pot/mug with lid	
	Plastic Spoon	
	Water bottles	
	CLO ₂ tablets	
	Matches	
Other Misc Items	Toilet paper	
	First Aid Kit	
	Light	
	Pocket Knife	
	Compass	
	Map	
	Camera (w/batteries)	
Clothing Carried	Jacket/Insulation	
	Rain skirt/pants	
	Rain/wind jacket	
	Gloves	
	Socks	
	Beanie/Balaclava	
	TOTAL BASE WEIGHT	
Consumables	Food	
	Water	
	Fuel	
	TOTAL WEIGHT OF PACK	
Clothing Worn or Items Carried	Nylon Pants	
	Wicking briefs	
	Longsleeve Baselayer	
	Trail running shoes	
	Wool socks	
	Sombrero hat	
	Bandana	
	Trekking poles	
	TOTAL SKIN-OUT WEIGHT	