



# Backpacking Checklist



## Sleep System

- ☐ Tent Body
- ☐ Tent Fly
- ☐ Tent Poles
- ☐ Sleeping bag
- ☐ Sleeping pad
- ☐ Inflatable Pillow
- ☐ Sleeping bag liner\*
- ☐ .....
- ☐ .....

## Clothes

- ☐ Packable puffer
- ☐ Long sleeve
- ☐ Socks
- ☐ Underware
- ☐ Brimmed hat
- ☐ Bandana
- ☐ Clean clothes for car\*
- ☐ Swimsuit\*
- ☐ .....
- ☐ .....

## Electronics

- ☐ Portable charger
- ☐ Phone cord
- ☐ E-reader\*
- ☐ Camera\*
- ☐ Extra camera battery\*
- ☐ .....
- ☐ .....

## Toiletries

- ☐ Toiletry baggy (medium)
- ☐ Toothbrush
- ☐ Tooth paste tabs (container)
- ☐ Wet wipes
- ☐ Floss
- ☐ Toilet paper
- ☐ Lotion
- ☐ Anti-Chafe/Vaseline
- ☐ Kula cloth (pee cloth)
- ☐ Hand sanitizer\*
- ☐ Insect bite relief\*
- ☐ Mini deodorant\*

## Kitchen

- ☐ Food storage\*
- ☐ Stove
- ☐ Fuel
- ☐ Matches/Lighter
- ☐ Pot + Bowls + Cup set
- ☐ Sporks
- ☐ Water filter
- ☐ Water bottles
- ☐ .....
- ☐ .....

## Food

- ☐ Food ideas here
- ☐ The best instant coffee  
(code LAURENG10)
- ☐ .....
- ☐ .....
- ☐ .....



\*Optional



# Backpacking for Beginners



**YOUR INTRO TO BACKPACKING |  
backpacking for beginners, Q&A**

## **YOUR INTRO TO BACKPACKING backpacking for beginners, Q&A**

In this sit down video, we'll chat about...  
backpacking gear essentials,  
handling nighttime anxiety,  
cutting pack weight, finding trails,  
finding camp spots, finding water,  
budget vs. new gear,  
and getting started when you're solo

## **BACKPACKING GEAR LIST**



## **Backpacking Meal & Snack Ideas**

Need help packing food for your first backpacking trip? These are all the meals and snacks I typically pack for a 2-night, 3 day backpacking trip.

## **BACKPACKING FOOD LIST**

**Have unanswered questions? [DM me on Instagram](#)**