

ATC Backpacking Checklist

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ESSENTIAL SKILLS



- ☐ The 7 Leave No Trace principles
- ☐ How to poop in the woods
- ☐ Backcountry navigation on the A.T.
- ☐ How to avoid crowded areas
- ☐ How to set up your tent/hammock
- ☐ Local regulations and/or closures
- ☐ Weather & personal safety
- ☐ What to do in an emergency
- ☐ How to report incidents
- ☐ How to store food properly & use a bear can

CLOTHING



- ☐ Hiking shirt & bottoms (shorts, leggings, skirt, pants, etc.)
- ☐ Base layer top & bottom
- ☐ Insulating mid layer
- ☐ Insulated jacket
- ☐ Rain jacket or poncho
- ☐ Underwear/bra
- ☐ Hiking socks
- ☐ Hiking boots or shoes
- ☐ Warm hat
- ☐ Gloves



Use only synthetic
or wool clothing,
not cotton!

EQUIPMENT



- ☐ First aid kit
- ☐ Backpack
- ☐ Personal shelter (tent, tarp, hammock)
- ☐ Sleeping bag & pad
- ☐ Map, compass, trail guide
- ☐ Head lamp & extra batteries
- ☐ Trowel, toilet paper, handsoap/sanitizer
- ☐ Emergency kit
- ☐ Charging devices
- ☐ Toiletries & medications

OPTIONAL



- ☐ Rain pants/skirt
- ☐ Sunscreen and a hat
- ☐ Bug spray
- ☐ Hiking poles
- ☐ Gaiters
- ☐ Bandana, buff, or neck gaiter
- ☐ Pocket knife
- ☐ Mug/cup
- ☐ Ear plugs
- ☐ GPS Device
- ☐ Town clothes
- ☐ Extra ziploc bags

FOOD & Water



- ☐ Calorie-dense, lightweight food
- ☐ Stove & fuel
- ☐ Cookware & utensils
- ☐ Lighter/matches
- ☐ A trash bag
- ☐ Water bottles or bladder
- ☐ Water treatment system
- ☐ Food storage system
 - A bear canister is best
 - If no bear can, 60' of rope & a bag