

BBC Backpacking Checklist
(Courtesy of Colin Boreham)

This is essentially a **reminder list**. I would **not** carry all these items on any one trip, e.g., the amount of clothing would depend on the season, the locality and the length of the trip. The more important items are in **bold**.

There is no one right way to organise the contents of a backpack, but it is useful to keep items needed during the day accessible, and to keep together items that will be used together. **Keep your sleeping bag and your matches dry!**

<p>WALKING GEAR Backpack, waterproof liner or cover Light daypack for day walks Light bags for grouping contents of pack; particularly food – spare clothing in a bag can make a pillow. Walking boots, gaiters, inner socks, outer socks, hat</p> <p>CAMPING Ground sheet, Tent, fly, poles, ropes, pegs, wiping cloth Sleeping bag, liner Thermarest, backpacking pillow Water bag for use in camp Toilet roll, plastic trowel</p> <p>COOKING, EATING & CLEANING Stove, billy, fuel, cook pots, handle, Alfoil, matches, Plates, bowls, plastic knife, fork, spoon, water bottles, cup. Chamois, detergent, pot scrubber, cloth, plastic container for wash-up</p> <p>OVERNIGHT KIT: Small towel, headlamp, batteries, soap, toothbrush, toothpaste, floss</p> <p>FIRST AID KIT: Triangular bandage, gauze bandage, gauze swabs, wound dressing, adhesive dressing strips, adhesive tape, non-adhesive dressings, moleskin, aspirin, antacid, antihistamine, diarrhea medicine, laxatives, glucose tablets, tweezers, eye drops, ear drops, manual, water purifying tablets, antiseptic cream, painkillers, calamine, paper, pencil</p> <p>SPARES AND REPAIRS KIT: Safety pins, rubber bands, wire, cable ties, Thermarest repair kit, needles, thread, matches, fire starters, ducting tape, pole ferrule, boot waterproofing, spare laces, cord,</p> <p>OUTDOOR CLOTHING Rain parka, rain pants, over-mittens Warm hat, balaclava</p> <p>Jumper, jacket Gloves, mittens Light footwear for use in camp Thermal underclothes, Bathers Spare shorts, trousers Spare outer socks, inner socks</p>	<p>NAVIGATION Maps, map pocket Compass, GPS</p> <p>OTHER ITEMS Sunscreen, lip salve, repellent Medications Sunglasses Pocket knife Binoculars Camera Whistle Notebook, pen Wallet, watch, comb Book</p> <p>WATER How reliable are supplies on the planned packwalk?</p> <p>FOR THE TRIP TO THE STARTING POINT Morning tea</p> <p>FOOD - SUGGESTIONS PER PERSON</p> <p>Breakfast</p> <table style="width: 100%; border: none;"> <tbody> <tr> <td>Muesli</td> <td style="text-align: right;">1 plate per day</td> </tr> <tr> <td>Milk powder</td> <td style="text-align: right;">Small bottle per 6 days</td> </tr> <tr> <td>Sugar</td> <td style="text-align: right;">Small bottle per 6 days</td> </tr> <tr> <td>Boiled eggs</td> <td style="text-align: right;">1 per person (first day or two on short trip)</td> </tr> </tbody> </table> <p>Lunch</p> <table style="width: 100%; border: none;"> <tbody> <tr> <td>Crispbread</td> <td style="text-align: right;">8 per day</td> </tr> <tr> <td>Sausage</td> <td style="text-align: right;">4 slices per day</td> </tr> <tr> <td>Cabanossi</td> <td style="text-align: right;">Half stick per day</td> </tr> <tr> <td colspan="2">Cheese, margarine, cheese spread, peanut butter, Vegemite, honey</td> </tr> </tbody> </table> <p>Dinner</p> <table style="width: 100%; border: none;"> <tbody> <tr> <td>Dehydrated dinner</td> <td style="text-align: right;">1 serve per day</td> </tr> <tr> <td>Dehydrated vegetables</td> <td style="text-align: right;">1 serve per day</td> </tr> <tr> <td>Dried fruit</td> <td style="text-align: right;">1 serve per day</td> </tr> </tbody> </table> <p>Snacks</p> <table style="width: 100%; border: none;"> <tbody> <tr> <td>Figs, dates, sultanas, raisins, cashews, chocolate, sweets</td> <td style="text-align: right;">100g per day</td> </tr> <tr> <td>Tea, coffee, drink powder</td> <td></td> </tr> <tr> <td>Snack bars</td> <td style="text-align: right;">3 per day</td> </tr> <tr> <td>Fresh fruit, vegetables, if manageable</td> <td></td> </tr> <tr> <td>Emergency allowance</td> <td style="text-align: right;">1 dinner per 3 days</td> </tr> </tbody> </table>	Muesli	1 plate per day	Milk powder	Small bottle per 6 days	Sugar	Small bottle per 6 days	Boiled eggs	1 per person (first day or two on short trip)	Crispbread	8 per day	Sausage	4 slices per day	Cabanossi	Half stick per day	Cheese, margarine, cheese spread, peanut butter, Vegemite, honey		Dehydrated dinner	1 serve per day	Dehydrated vegetables	1 serve per day	Dried fruit	1 serve per day	Figs, dates, sultanas, raisins, cashews, chocolate, sweets	100g per day	Tea, coffee, drink powder		Snack bars	3 per day	Fresh fruit, vegetables, if manageable		Emergency allowance	1 dinner per 3 days
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