### Packing Checklist: Thru-Hike / Ultralight Backpacking

**Distance**: 20+ miles (per day) | **Days**: 10+ | **Pack Weight**: 20 lbs

#### Equipment
- Bivy / tarp / hammock / ultralight tent
- 10ft nylon cord, guylines, stakes (if needed for shelter)
- Ultralight down or synthetic sleeping bag
- Short sleeping pad
- Ultralight backpack (30-60L)
- Trekking poles (esp. if needed for tarp or shelter)

#### Emergency Repairs
- Map
- Compass / GPS watch
- Whistle
- Rechargeable headlamp
- 3 ft duct tape
- First aid kit
- Ultralight knife / multi-tool

#### Personal
- Cell phone & charger
- Rechargeable power pack (solar or plug-in)
- ID, debit or credit card, cash
- Permit, if needed

#### Food & Water
- One or two light meals, snacks
- Food storage bag
- Anti-bear food storage system (if needed):
  - 40-60ft rope, large sack, bear canister
  - Water bladder / water bottle
  - Personal-size water filter or water treatment drops or tablets
  - Canister stove, fuel
  - Lighter / matches
  - Titanium or ultralight aluminum cookpot with lid
  - Mug, spork

#### Hygiene
- Toothbrush, baking soda
- Camp soap / baby wipes
- Sunscreen, lip balm
- Insect repellent
- Mini pack towel
- Trowel / waste removal system
- Toilet paper in resealable bag

#### Clothing
- Synthetic or merino wool underwear and socks
- Synthetic or merino wool baselayer top and bottoms
- Midlayer top - fleece or puffy
- Rain jacket and pants
- Hiking pants / shorts (softshell / convertible)
- Hiking shoes / Backpacking boots
- Gloves
- Sun hat / beanie / bandana / Buff
- Sunglasses

#### Optional
- Stuff sacks / dry bags (for clothing or gear)
- Dental floss
- Bear spray
- Mosquito netting
- Gaiters
- Windshirt
- Flip-flops
- Sunglasses case
- Reading material / playing cards
- Journal / pen or pencil