

2026 BACKPACKING ACTION CAMP EQUIPMENT CHECKLIST – 3 DAYS

Essential Backpacking Gear

- Backpack
- Tent or shelter (*Can Be Shared*)
- Sleeping bag or backpacking quilt
- Small Bible / Bible App
- Camera

Cooking & Water

- Backpacking stove and fuel (*Can Be Shared*)
- Water bottles or Reservoirs
- Mug
- Spoon
- Food and Snacks
- Lighter

Safety Gear

- Phone or GPS communication device
- Headlamp
- First aid kit
- Mole Skin (*For Blisters*)
- Pocket Knife / Multi-tool

Bathroom Kit

- Toilet paper & Ziplock bag
- Hand sanitizer

Toiletries

- Sunscreen
- Lip balm
- Toothbrush and toothpaste
- Bug spray
- Prescription meds
- Deodorant

Clothing

- Hiking shirt (1)
- Hiking shorts or pants (1)
- Insulating layer (1)
- Rain jacket (1)
- Socks and underwear (2)
- Hiking shoes or boots
- Sun hat
- Sunglasses

Recommended Items

- Sleeping Pad
- Trekking Poles

Optional Items

- Water filter / Purifier
- Navigation tool / Paper Map
- Pack Liner
- Camp sandals
- Sunglasses
- Pillow
- Quick-dry towel
- Portable battery pack

Things to Consider ...

- Check the Weather Forecast – The Temperature Drops at night
- Electrolytes
- Know Your Route
- Do a Trial Pack
- Pack Weight (Should be appropriately 30-35 lbs.)
- Break In Your Shoes
- Try Out Your Equipment and Gear Ahead of Time