



Gila Wilderness Backpacking Checklist

For packing tips, get more information at: <https://tsxchallenge.com/backpacking-gear/>

pack

- ☐ external or internal frame pack with belt; 60 - 70L capacity recommended *
- ☐ pack cover or large garbage bag, ≥ 33 gal

shelter

- ☐ sleeping bag + stuff sack *
- ☐ sleeping pad *
- ☐ tent with rain fly *

clothing

Top (4 layers min.)

- ☐ base layer (long underwear/thermal top)
- ☐ long sleeve shirt
- ☐ short sleeve shirts (pack 1 wear 1)
- ☐ warm jacket (fleece or puffy)
- ☐ poncho or rain jacket

Bottom (2 layers min.)

- ☐ base layer (long underwear/thermal)
- ☐ hiking pants/leggings (not jeans)
- ☐ underwear (pack 2, wear 1 suggested)

accessories

- ☐ bandanna
- ☐ sun cap or hat with brim
- ☐ beanie/tuque/knit cap
- ☐ gloves or mittens
- ☐ headlamp (preferred) or small flashlight
- ☐ hiking poles*
- ☐ poncho or rain gear (jacket)
- ☐ sunglasses (100% UV protection)
- ☐ sunscreen (rated at least 30 SPF)
- ☐ insect repellent
- ☐ mosquito head net
- ☐ toothbrush, toothpaste
- ☐ toilet paper and small hand sanitizer
- ☐ water bottles (2) or bladder (all participants should have at least 2 liters capacity)
- ☐ ziplock bag (for used TP)

footwear

- ☐ mid or lightweight socks (pack 2, wear 1)
- ☐ hiking shoes (comfortable and broken in)
- ☐ light weight camp shoes
- ☐ moleskin (1 package, wrapper removed)
- ✓ instep crampons (as conditions warrant)

kitchen

- ☐ plastic bowl (≥ 6 inches)
- ☐ plastic cup (≥ 8 oz)
- ☐ spoon or spork (soup size)

optional

- ☐ hair brush
- ☐ chapstick (recommended)
- ☐ camera or smartphone (for pictures)
- ☐ hiking shorts
- ☐ money (for souvenirs or guide gratuity)
- ☐ menstrual products
- ☐ pajamas top/bottoms (sleep wear)
- ☐ fishing gear
- ☐ pen and paper
- ☐ personal 1st aid items
- ☐ pocket knife
- ☐ reading material
- ☐ sports bra
- ☐ swimsuit

group equipment

- ✓ cleaning pad and soap
- ✓ cooking utensils
- ✓ first aid kit
- ✓ fuel bottles and fuel
- ✓ large cooking pots
- ✓ lighters and matches
- ✓ small shovel
- ✓ stoves
- ✓ water carriers
- ✓ water filters and purification tablets
- ✓ bear cannisters for food storage

*Pack, tent, sleeping bag/pad and poles provided at no additional charge on request.

✓ Provided by TSX.