

ULTRALIGHT BACKPACKING ESSENTIALS

LIGHTWEIGHT PACKING LIST

SLEEPING

- ☐ TENT
- ☐ SLEEPING BAG
- ☐ SLEEPING MAT

EQUIPMENT

- ☐ HEAD TORCH
- ☐ FIRST AID KIT
- ☐ OS MAP
- ☐ COMPASS
- ☐ KNIFE/MULTI-TOOL
- ☐ PORTABLE CHARGER

TOILETRIES

- ☐ CHEWABLE/
TOOTHBRUSH
- ☐ TOOTHPASTE
- ☐ TOILET ROLL

CLOTHING

- ☐ PACKABLE
WATERPROOFS
- ☐ BASELAYERS
- ☐ THERMAL
MIDLAYER
- ☐ HAT
- ☐ GLOVES
- ☐ WALKING SOCKS
- ☐ WALKING/TRAIL
SHOES

STORAGE

- ☐ BACKPACK
- ☐ DRY BAG

FOOD & DRINK

- ☐ CAMPING STOVE
- ☐ BOWL
- ☐ MUG
- ☐ CUTLERY
- ☐ CAMPING MEAL
POUCHES
- ☐ WATER BOTTLE
- ☐ WATER
PURIFICATION
TABLETS

YOUR EXTRAS

(E.G. SUNCREAM)

- ☐
- ☐
- ☐
- ☐
- ☐

