



General Backpacking Packing List

[ForSomethingMore](#) has designed this general backpacking packing list so that it includes everything you likely need to have a safe, enjoyable and [a Leave No Trace friendly](#) backpacking experience while being completely off grid in the backcountry. (**NOTE:** If you are planning to use this list to pack for a [Ghorepani Poon Hill trek in Nepal](#), you will not need some of the items on this list. This is because you will likely be staying in trekkers lodges or tea houses. Therefore you will be sleeping inside each night, eating food the lodge has prepared for you and buying filtered water. *On our list, we have indicated the necessary items for a Poon Hill trek.*) The post explaining this list can be found here: [ForSomethingMore Backpacking Packing List](#)

Backpacking Gear						
		Need for Poon Hill?	Qty.	Per Person	Per Party	Item
	<input type="checkbox"/>	Y	1	✓		Hiking Backpacks
	<input type="checkbox"/>	Y	1	✓		Sleeping Bag
	<input type="checkbox"/>	N	1	✓		Sleeping Pad
	<input type="checkbox"/>	N	1		✓	Sleeping Pad Patch Kit
	<input type="checkbox"/>	N	1	✓		Inflatable Pillow
	<input type="checkbox"/>	Y	1	✓		Hiking Poles (A Pair)

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		Need for Poon Hill?	Qty.	Per Person	Per Party	Item
	<input type="checkbox"/>	N	1		✓	Backpacking Stove
	<input type="checkbox"/>	N	1		✓	Fuel Bottle
	<input type="checkbox"/>	N	1		✓	Stove Repair Kit
	<input type="checkbox"/>	N	1		✓	Cooking Pot Set
	<input type="checkbox"/>	N	1		✓	Cooking Utensils
	<input type="checkbox"/>	N	1		✓	Spice Set
	<input type="checkbox"/>	N	1		✓	Sponge
	<input type="checkbox"/>	Y	1		✓	Biodegradable Soap (A Suitable Size Bottle)
	<input type="checkbox"/>	N	1	✓		Eating Cutlery (Spoon, Fork, Knife)
	<input type="checkbox"/>	N	1		✓	Water Filter
	<input type="checkbox"/>	Y	1	✓		Water Purification Tablets/Drops (1 Pack)

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		Need for Poon Hill?	Qty.	Per Person	Per Party	Item
	<input type="checkbox"/>	Y	2	✓		1 Liter Water Bottle
	<input type="checkbox"/>	N	1		✓	Water Storage Container (4 Liter Size)
	<input type="checkbox"/>	N	1		✓	Stormproof Matches (1 Box)
	<input type="checkbox"/>	N	2		✓	Windproof Lighter
	<input type="checkbox"/>	Y	1		✓	First Aid Kit
	<input type="checkbox"/>	N	1		✓	Parachute Cord (A 100 Ft. Bunch)
	<input type="checkbox"/>	N	1		✓	Trowel
	<input type="checkbox"/>	N	Varies		✓	Biodegradable Toilet Paper
	<input type="checkbox"/>	Y	1	✓		Toiletries (Toothbrush, Floss, Etc.)
	<input type="checkbox"/>	Y	Varies	✓		Personal Medications
	<input type="checkbox"/>	Y	1	✓		Headlight
	<input type="checkbox"/>	Y	1	✓		Headlight Spare Batteries (1 Set)

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		Need for Poon Hill?	Qty.	Per Person	Per Party	Item
	<input type="checkbox"/>	N	1		✓	Spare Headlight
	<input type="checkbox"/>	N	1		✓	Spare Headlight Batteries (1 Set)
	<input type="checkbox"/>	Y	Varies	✓		Camera
	<input type="checkbox"/>	Y	1		✓	Multitool
	<input type="checkbox"/>	N	1		✓	Compass
	<input type="checkbox"/>	N	Varies		✓	Tent
	<input type="checkbox"/>	Y	1	✓		Pack Towel
	<input type="checkbox"/>	Y	1	✓		Pack Cover
	<input type="checkbox"/>	N	Varies		✓	Nylon Stuff Sacks (To Make Bear Bag)
	<input type="checkbox"/>	Y	1	✓		Emergency Whistle

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Backpacking Clothing						
		Need for Poon Hill?	Qty.	Per Person	Per Party	Item
	<input type="checkbox"/>	Y	1	✓		Hiking/Trail Running Shoes (1 Pair)
	<input type="checkbox"/>	Y	1	✓		Ice Cleats (1 Pair)
	<input type="checkbox"/>	Y	2	✓		Wool Socks (A Pair)
	<input type="checkbox"/>	Y	1	✓		Zip Off Pants
	<input type="checkbox"/>	Y	2	✓		Quick Dry Hiking Shirt
	<input type="checkbox"/>	Y	2	✓		Quick Dry Underwear
	<input type="checkbox"/>	Y	1	✓		Rain Jacket
	<input type="checkbox"/>	Y	1	✓		Rain Pants (1 Pair)
	<input type="checkbox"/>	Y	2	✓		Thermal Underwear (Top and Bottom)
	<input type="checkbox"/>	Y	1	✓		Down Parka
	<input type="checkbox"/>	Y	1	✓		Wool Hat
	<input type="checkbox"/>	Y	1	✓		Gloves (Smartphone Friendly)
	<input type="checkbox"/>	Y	1	✓		Waterproof Glove Shells
	<input type="checkbox"/>	Y	1	✓		Sun Hat

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