

# PCT Hiker's Checklist

This is a general checklist of gear and supplies that every hiker should carry on all backcountry adventures. This list is not specific to the PCT and can be modified as needed. Remember, **you are responsible for your own safety.**

## TEN ESSENTIALS

- Navigation: map and compass; GPS (optional)
- Sun Protection: sunglasses, sunscreen, hat
- Insulation: jacket, pants, gloves, hat
- Illumination: headlamp/flashlight; extra batteries
- First-aid: first-aid kit, medications
- Fire: waterproof matches/lighter
- Repair: knife/multitool; patch kits/duct tape
- Nutrition: extra food, snacks
- Hydration: water filter/treatment; bottles
- Emergency: shelter/tarp; space blanket

## THE BASICS\*

- Backpack w/ rain cover
- Tent w/ fly, footprint; or tarp/bivy sack
- Sleeping bag/pad/pillow
- Portable stove/cookset; fuel
- Dishes/bowls/cups
- Cooking/eating utensils
- Trekking poles
- Ice axe (optional)

## CLOTHING & FOOTWEAR\*

- Wicking underwear
- Thermal underwear
- Wicking baselayer shirt
- Lightweight pants/shorts
- Insulating midlayer (e.g. fleece)
- Insulating jacket (e.g. puffy)
- Rain gear (jacket, pants)
- Beanie, gloves/mittens
- Hat/bandanna/buff
- Wicking socks/sock liners
- Hiking boots/shoes/gaiters
- Camp shoes/sandals (optional)

## LUXURY ITEMS (optional)

- Daypack/summit pack
- Binoculars
- Camp chair
- Journal w/ pen
- Reading book, cards

## ELECTRONICS (optional)

- Smartphone
- Camera (w/ extra memory cards)
- SPOT Messenger/PLB
- Tent lamp/lantern
- Extra batteries/battery pack/solar charger

## FOOD & STORAGE\*

- Food bag/canister
- 50' cord (for hanging food)
- Breakfast meals
- Lunch meals
- Dinner meals
- Energy snacks
- Energy drink mix/tablets
- Treats
- Flask (optional)
- Extra zip-top bags

## PERSONAL HYGIENE\*

- Hand sanitizer
- Biodegradable soap
- Toothbrush/toothpaste
- Deodorant (optional?)
- Portable trowel
- Toilet tissue (w/ zip-top bag)
- Pack towel
- Insect repellent
- Bear repellent (optional)

## PERSONAL ITEMS

- Identification
- Cash/credit card
- Medications
- Emergency contact info (ICE card)
- Itinerary w/ friend/family member

## PERMITS\*\*

- Northwest Forest Pass
- Wilderness/camping permit
- PCT thru-hiker permit

## OTHER

- \_\_\_\_\_
- \_\_\_\_\_
- \_\_\_\_\_
- \_\_\_\_\_
- \_\_\_\_\_
- \_\_\_\_\_
- \_\_\_\_\_

\*Some items in this category can be found on the **Ten Essentials** list. For more information on the Ten Essentials, visit [pctoregon.com/hiking-info/ten-essentials](http://pctoregon.com/hiking-info/ten-essentials).

\*\*Many trailheads in Oregon and Washington require parked vehicles to display a Northwest Forest Pass. Some sensitive wilderness areas in Oregon and all national parks require backcountry campers to obtain special camping permits. The PCT thru-hiker permit is only required for hikers traveling distances of more than 500 miles. For more information on permits, visit [pctoregon.com/pct-info/permits](http://pctoregon.com/pct-info/permits).