

YOUR ULTIMATE PACKING LIST

for

THE JOHN MUIR TRAIL

ESSENTIALS

- ☐ Tent
- ☐ Sleeping Bag
- ☐ Sleeping Pad
- ☐ Backpack
- ☐ First-aid Kit
- ☐ Cash / ID
- ☐ Hiking Poles
- ☐ Rain Cover for Backpack
- ☐ Headlamp

CLOTHING

- ☐ Hiking Clothes
- ☐ Sleeping Clothes
- ☐ Hat
- ☐ Gloves
- ☐ Sunglasses
- ☐ Beanie
- ☐ Warm clothes
- ☐ Socks
- ☐ Hiking Shoes
- ☐ Camp Shoes

FOOD

- ☐ Breakfast
- ☐ Lunch
- ☐ Dinner
- ☐ Snacks
- ☐ Water bladder/bottle
- ☐ Food storage
- ☐ Garbage bag
- ☐ Lighter
- ☐ Water Filter

TOILETRIES

- ☐ Toothbrush
- ☐ Toothpaste
- ☐ Hairbrush/hair ties
- ☐ Hand sanitizer
- ☐ Sunscreen
- ☐ Wipes
- ☐ Feminine Products
- ☐ Wag Bag
- ☐ Trowel
- ☐ Toilet Paper

KITCHEN

- ☐ Stove
- ☐ Gas
- ☐ Pot/Cooking Vestibule
- ☐ Mug
- ☐ Utensils
- ☐ Bear Canister

ELECTRONICS

- ☐ Camera
- ☐ Tripod
- ☐ Extra batteries
- ☐ Gopro
- ☐ Waterproof camera case
- ☐ Chargers

EXTRAS

- ☐
- ☐
- ☐
- ☐
- ☐
- ☐
- ☐

NOTES:

TO DO:
