



Joshua Tree Nov 3-5 Backpacking Checklist

Hosted By Micha Boxer - @mtchicks SoCal Ambassador

**For details on how to pack your backpack, please see
the bottom of this checklist.**

Non-Clothing/Food Essentials:

- ☐ 65L Osprey backpack
- ☐ Backpack rain cover (large)
- ☐ Nemo Hornet2 tent with footprint
- ☐ Hiker Hunger inflatable sleeping pad (regular)
- ☐ Thermarest rolling sleeping pad
- ☐ Outdoorsman Lab 32 degree mummy sleeping bag
- ☐ Sea2Summit premium pillow (large)
- ☐ Printed map of Joshua Tree Nat'l Park
- ☐ AllTrails maps downloaded for offline use
- ☐ Sunscreen
- ☐ SPF chapstick
- ☐ Sunglasses
- ☐ Swiss Army Knife
- ☐ Gear aid tape
- ☐ Full 3L water bladder
- ☐ Hat
- ☐ Winter hiking gloves
- ☐ (2) One-gallon water jugs
- ☐ REI Flash 18 Dayback
- ☐ (2) fuel cans
- ☐ Trekking poles
- ☐ Baby wipes in Ziploc bag
- ☐ Pocket stove
- ☐ Small pot
- ☐ Spork
- ☐ Collapsible measuring cup
- ☐ Carabiner stainless steel cup
- ☐ Backpacking chair
- ☐ Earplugs
- ☐ Toilet paper
- ☐ Ziploc for waste
- ☐ Sanitizer clip
- ☐ Odor blocking bags/clips
- ☐ Headlamp with red light
- ☐ Backpacking first aid kit
- ☐ Nylon rope
- ☐ (2) AAA batteries
- ☐ (2) Pads
- ☐ (2) Pantyliners
- ☐ Deodorant
- ☐ Klean Kanteen filled with water
- ☐ Beer
- ☐ Waterproof matches

Clothing to Wear In:

- ☐ Hiking Boots
 - ☐ Socks
 - ☐ Wool beanie
 - ☐ Synthetic puffy jacket
 - ☐ Long-sleeved wicking shirt
 - ☐ Hiking pants
 - ☐ Buff (around neck)
 - ☐ Sports bra
 - ☐ Wicking panties
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Clothing to Pack:

- ☐ Camp sandals
 - ☐ Windbreaker/Waterproof jacket
 - ☐ Down vest
 - ☐ (1) wicking tee
 - ☐ (1) wicking long sleeve tee
 - ☐ Long underwear (top and bottom)
 - ☐ Convertible hiking pants
 - ☐ (2) Hiking socks
 - ☐ Warm nighttime socks
 - ☐ (2) Wicking panties
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Food:

Breakfast

- ☐ (2) Dehydrated meals in freezer bags
- ☐ Probar Meal bar

Lunch

- ☐ (6) Large Tortillas
- ☐ (3) Probar Nut Butter packets
- ☐ Mixed Nuts

Dinner

- ☐ (2) Deyhydrated meals in freezer bags

Snacks

- ☐ Probar Bolt electrolytes
- ☐ Nuun electrolyte tabs
- ☐ Probar Bite bars
- ☐ Fruit leathers

Find Micha on social media!

- Instagram: @michahastattoos
- Facebook.com/michahastattoos
- Twitter: @michahastattoos
- Blog: pinkhathiker.wordpress.com



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How-to Pack Your Pack

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Ideally, you want to pack all of your stuff in your backpack. This isn't always a reality (as is the case for myself), but try to get as much of it in your pack as you can.

The idea is to pack lighter items on the bottom, heavy items in the middle and light items again on the top. Items you may need easy access to go in your pack's pockets. (FYI, in my pack, the "C" items usually



Pack by Weight

- | | |
|---|---|
| A | Light weight items that you needed frequently – headlamp; poncho; energy food |
| B | Heaviest gear – Camping supplies; water; electronics; batteries ; food etc |
| C | Light weight items that you may need during the trek – outer shell; lightweight warm shirt; gloves etc |
| D | Medium weight items – warm clothing; toiletries; slipper etc |
| E | Lighter gear that you do not need to access frequently - down jacket; sleeping bag |

go on top of the "B" items making it easier to access those items should I need to grab them from my pack on the trail)

Start by laying all of the items you need out on a flat surface where you can see everything. I do this on my bed. This ensures that you pack everything in when and where it goes rather than having to unpack because you forgot to go grab an item from another room. I definitely made this mistake on my first backpacking trip and after the third time unpacking my pack, I started cursing the

very trip I'd been so excited to take when I began packing! Haha.

Make sure all of your straps are loosened up and then begin by first packing your filled water bladder (trust me) and then packing your sleeping bag in the bottom along with your extra socks, pillow, etc. Work your way up the pack according to the above diagram. Don't worry necessarily about stacking items, but rather filling in all available space. If you have extra space in the top section, that's ok!

Side note on packing fuel: pack your fuel below your food to ensure there is no contamination should there be a fuel leak. Never pack your fuel attached to a pocket stove or Jet Boil, and always make sure the fuel cap is on before putting it in your pack.

Minimize weight by "unpacking" items. For instance, take your tent out of its carrying case and pack each of the items individually.