

WILD EARTH

CONTINENTAL DIVIDE TRAIL CHECKLIST

BY REID MARSHALL, WILD EARTH AMBASSADOR

PACK

- Ultralight backpack 50-60L

SHELTER

- Backpacking tent (2-3 person)

SLEEP SYSTEM

- Down sleeping bag
- Sleeping Bag Liner
- Insulated Inflatable Sleeping Mat
- Inflatable Pillow

COOKING AND FOOD

- Cook pot (around 750ml)
- Backpacking stove
- Spoon/Cutlery and Bowl

FOOTWEAR

- Trail Running Shoes
- Road Running Shoes (optional)
- Technical Trail Running Shoes (optional)



CLOTHING

- Lightweight Sun Hoodie
- Sun Cap
- Trail Shorts
- Merino Underwear
- Trail Socks (multiple pairs)
- Insulated Puffer Jacket
- Waterproof Rain Jacket
- Fleece Hoodie or Midlayer
- Mittens/Gloves
- Base Layers

POLES AND TRACTION

- Traction Spikes
- Folding Trekking Poles
- Standard Trekking Poles (optional)

NAVIGATION AND POWER

- Power Bank 10,000mAh + US adapter Wall Plug
- Rechargeable Headlamp

SAFETY AND FIRST AID

- Personal Locator Beacon (PLB)
- Small Multi-Tool
- First Aid Kit