

# Overnight Backpacking Checklist

(Choose items that match trip plans and the expected weather conditions)

## The 10+ Essentials

- |  |   |
|--|---|
| <input type="checkbox"/> Extra clothing layer(s)                           | <input type="checkbox"/> Map of area (in waterproof case)                     |
| <input type="checkbox"/> Drinking water                                    | <input type="checkbox"/> Compass  |
| <input type="checkbox"/> Food  | <input type="checkbox"/> Headlamp or flashlight (with extra batteries/ bulbs) |
| <input type="checkbox"/> First-aid kit                                     | <input type="checkbox"/> Sunglasses (with retaining strap)                    |
| <input type="checkbox"/> Pocket knife                                      | <input type="checkbox"/> Sunscreen  |
| <input type="checkbox"/> Matches (in waterproof container) and Firestarter |   |

## Hiking Clothing

- |  |   |
|--|---|
| <input type="checkbox"/> Quick-drying pants/shorts   | <input type="checkbox"/> Fleece jacket or wool sweater        |
| <input type="checkbox"/> Short-sleeved shirts        | <input type="checkbox"/> Wicking long underwear (top/bottoms) |
| <input type="checkbox"/> Long-sleeved shirts         | <input type="checkbox"/> Regular underwear                    |
| <input type="checkbox"/> Warm pants (fleece or wool) | <input type="checkbox"/> Quick-drying swimsuit                |
| <input type="checkbox"/> Fleece or wool vest         |   |

## Outerwear

- |  |  |
|--|--|
| <input type="checkbox"/> Rainwear (top/bottoms)    | <input type="checkbox"/> Fleece or wool gloves |
| <input type="checkbox"/> Wide-brimmed rain/sun hat | <input type="checkbox"/> Waterproof gloves     |
| <input type="checkbox"/> Warm hat (fleece or wool) | <input type="checkbox"/> Bandanna              |

## Footwear

- |  |                                      |
|--|--------------------------------------|
| <input type="checkbox"/> Hiking socks        | <input type="checkbox"/> Extra laces |
| <input type="checkbox"/> Wicking liner socks | <input type="checkbox"/> Gaiters     |
| <input type="checkbox"/> Hiking boots        |                                      |

## Camping Gear

- |  |  |
|--|--|
| <input type="checkbox"/> Backpack                    | <input type="checkbox"/> Funnel                  |
| <input type="checkbox"/> Day pack                    | <input type="checkbox"/> Matches/lighter         |
| <input type="checkbox"/> Pack cover                  | <input type="checkbox"/> Dish Set                |
| <input type="checkbox"/> Tent, tent stakes           | <input type="checkbox"/> Eating utensils         |
| <input type="checkbox"/> Rainfly                     | <input type="checkbox"/> Drinking cup            |
| <input type="checkbox"/> Footprints                  | <input type="checkbox"/> Dish soap               |
| <input type="checkbox"/> Tent broom                  | <input type="checkbox"/> Pot scrubber/dish towel |
| <input type="checkbox"/> Sleeping bag , Sleeping Pad | <input type="checkbox"/> Plastic garbage bags    |
| <input type="checkbox"/> Compression sack            | <input type="checkbox"/> Resealable plastic bags |

- Sit pad or sleeping pad chair kit
- Extra nylon stuff sacks
- Food (adequate supply for your trip)
- Water-purification tablets
- Water bottle(s)
- Collapsible water container

**Personal Items**

- Toilet paper
- Toothbrush and toothpaste
- Small bath towel
- Brush/comb
- Other personal toiletry items
- Lip balm (with sun protection)
- Insect repellent
- Head net
- Trowel
- Flashlights

**Other/Extras**

- Altimeter
- Binoculars
- Field guides
- Camera and film
- Notebook and pencil
- Travel games
- Watch/alarm clock
- Weather radio
- Hiking poles
- Repair/sewing kit
- 100-foot accessory cord
- Axe/saw
- Money
- Photo ID
- Camping/fire permits, if needed
- Fishing license
- Trip Plan