

Overnight Backpacking Checklist

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

The 10+ Essentials

- Extra clothing layer(s)
- Map of area (in waterproof case)
- Drinking water
- Compass
- Food
- Headlamp or flashlight (with extra batteries/bulbs)
- First-aid kit
- Sunglasses (with retaining strap)
- Pocket knife
- Sunscreen
- Matches (in waterproof container) and firestarter

Hiking Clothing

- Quick-drying pants/shorts
- Fleece jacket or wool sweater
- Short-sleeved shirts
- Wicking long underwear (top/bottoms)
- Long-sleeved shirts
- Regular underwear
- Warm pants (fleece or wool)
- Quick-drying swimsuit
- Fleece or wool vest

Outerwear

- Rainwear (top/bottoms)
- Fleece or wool gloves/mittens
- Wide-brimmed rain/sun hat
- Waterproof gloves/overmitts
- Warm hat (fleece or wool)
- Bandanna

Footwear

- Hiking socks
- Extra laces
- Wicking liner socks
- Gaiters
- Hiking boots/shoes that match the terrain

Camping Gear

- Backpack
- Funnel
- Day/summit pack
- Matches/lighter
- Pack cover
- Cook set, dishes
- Tent, tarp or bivy sack
- Cooking/eating utensils
- Rainfly

- Drinking cup
- Tent stakes
- Pot grabber
- Ground cloth
- Biodegradable soap
- Tent broom
- Pot scrubber/dish towel
- Sleeping bag (in waterproof stuff sack)
- Plastic garbage bags
- Compression sack
- Resealable plastic bags
- Sleeping pad
- Water filter/purifier
- Sit pad or sleeping pad chair kit
- Water-purification tablets
- Extra nylon stuff sacks
- Water bottle(s)
- Food (adequate supply for your trip)
- Collapsible water container
- Stove and fuel
- Lantern

Personal Items

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

Other/Extras

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