



# OVERNIGHT BACKPACKING CHECKLIST

Choose items that match your trip plans and expected weather conditions.

---

## The 10+ Essentials

Extra clothing in layers  
Map of hiking area (in water-proof case)  
Drinking water (1+ gallon per person per day)  
Compass  
Food  
Headlamp or flashlight (with extra batteries/ bulbs)  
First-aid kit  
Sunglasses  
Pocket knife  
Sunscreen  
Matches (in waterproof container) and fire-starter  
A pack to carry all the above

## 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, down or wool vest

## Outerwear

Jacket or Coat  
Rainwear (top/bottoms)  
Windbreaker  
Gloves/mittens  
Wide-brimmed rain/sun hat  
Waterproof gloves/overmitts  
Warm hat (fleece or wool)  
Bandanna  
Balaclava

---

---

## Footwear

Hiking boots/shoes that match the terrain  
Hiking socks  
Wicking liner socks  
Camp shoes/slippers  
Water shoes  
Extra laces  
Gaiters  
Moleskin

## Camping Gear

Backpack  
Pack cover  
Small day/summit pack  
Hiking poles  
Tent, tarp or bivy sack  
Rainfly  
Tent stakes  
Footprint for tent  
Sleeping bag (in waterproof stuff sack)  
Sleeping pad/mattress  
Ground cloth  
Pillow  
Sit pad or sleeping pad chair kit  
Food (adequate supply for trip)  
Stove and fuel  
Matches/lighter  
Cook set, dishes  
Cooking/eating utensils  
Drinking cup  
Pot grabber  
Biodegradable soap  
Pot scrubber/dish towel  
Plastic garbage bags  
Resealable plastic bags  
Water filter/purifier  
Water-purification tablets  
Water bottle(s)  
Collapsible water container  
Lantern  
Nylon stuff sacks  
Compression sack

## Personal Items

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

## Other/Extras

Personal Locator Beacon  
Smart Phone with GPS and downloaded maps  
Battery charger and cable  
Two-Way Radio  
Satellite Phone  
Repair/sewing kit  
Binoculars  
100-foot accessory cord  
Field guides  
Axe/saw  
Camera and film or memory card  
Money  
Notebook and pencil  
Photo ID  
Travel games  
Camping/fire permits, if needed  
Watch/alarm clock  
Fishing license  
Fishing gear  
Weather radio  
Extra Batteries for the above gadgets  
Trip Plan with return time (left with a responsible friend)

---

---

---