## 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 waterproof 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)