

## 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      | Warm pants (fleece or wool)   |
| Long-sleeved shirts       |                               |

### Outerwear

|                           |                               |
|---------------------------|-------------------------------|
| Wide-brimmed rain/sun hat | Fleece or wool gloves/mittens |
| Rainwear (top/bottoms)    | Hiking socks                  |
| Bandanna                  |                               |

### Footwear

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

### Camping Gear

|   |                         |
|---|-------------------------|
| Pack cover                              | Backpack                |
| Tent, tarp                              |                         |
| Rainfly                                 | Cook set, dishes        |
| Tent stakes                             | Cooking/eating utensils |
| Footprints                              | Drinking cup            |
| Food (adequate supply for your trip)    | Pot grabber             |
| Stove and fuel                          | Biodegradable soap      |
| Sleeping bag (in waterproof stuff sack) | Pot scrubber/dish towel |

Compression sack  
Sleeping pad  
Sit pad or sleeping pad chair kit  
Water bottle(s)  
Collapsible water container

**Personal Items**

Toothbrush and toothpaste  
Small bath towel  
Brush/comb  
Other personal toiletry items

**Other/Extras**

Binoculars  
Field guides  
Camera and film  
Notebook and pencil  
Travel games (cards)  
Watch/alarm clock  
Weather radio  
Hiking poles

Altimeter

Plastic garbage bags  
Resealable plastic bags  
Water filter/purifier  
Water-purification tablets

Lip balm (with sun protection)  
Insect repellent  
Toilet paper  
Trowel

Repair/sewing kit  
100-foot accessory cord  
Axe/saw  
Money  
Photo ID  
Camping/fire permits, if needed  
Fishing license  
Trip Plan (left with a responsible friend)

Useful websites:

[www.rei.com](http://www.rei.com)

[www.backpacking.net/](http://www.backpacking.net/)