

# Overnight Backpacking Checklist

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

## The 10+ Essentials

- 1) Extra clothing layer(s)
- 2) Map of area (in waterproof case)
- 3) Drinking water
- 4) Compass
- 5) Food
- 6) Headlamp or flashlight (with extra batteries/ bulbs)
- 7) First-aid kit
- 8) Sunglasses (with retaining strap)
- 9) Pocket knife
- 10) Sunscreen and
- 11) Matches (in waterproof container) and fire-starter

## Updated Ten Essential "Systems"

1. Navigation
2. Sun protection
3. Insulation (extra clothing)
4. Illumination
5. First-aid supplies
6. Fire
7. Repair kit and tools
8. Nutrition (extra food)
9. Hydration (extra water)
10. Emergency shelter

## 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

## Personal Items

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

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

## Other/Extras

Altimeter - Repair/sewing kit  
Binoculars - 100-foot accessory cord  
Field guides - Axe/saw  
Camera (film) - Money  
Notebook and pencil - Photo ID  
Travel games - Camping/fire permits, if needed  
Watch/alarm clock - Fishing license  
Weather radio – solar charger- cell phone  
Trip Plan (left with a responsible friend)  
Hiking poles – duct tape – ace bandages  
Gorp (trail snacks) - whistle