

# Overnight Backpacking Checklist

## Backpacking gear

- Backpack with rain cover
- [Backpacking tent](#) (with stakes, guylines)
- [Sleeping bag \(with stuff sack\)](#)
- Sleeping pad
- Headlamp or flashlight \* (with extra batteries)

## Backcountry kitchen

- [Backpacking stove](#)
- Fuel
- [Cookset \(with pot grabber\)](#)
- Dishes/bowls
- Eating Utensils
- Mug/cup
- Biodegradable soap
- Small quick-dry towel
- Collapsible water container
- Bear canister/food sack; or hang bag + 50' nylon cord

## Food and water

- Water bottles and/or reservoir \*
- Water filter/purifier or chemical treatment \*
- Meals
- Energy food and drinks (bars, gels, chews, trail mix, drink mix)
- Extra day's supply of food \*

## Clothing and footwear

- Moisture-wicking underwear
- Moisture-wicking T-shirt
- Quick-drying pants/shorts
- Long-sleeve shirt (for sun, bugs)
- Lightweight fleece or jacket
- Boots or shoes suited to terrain
- Socks (synthetic or wool)
- Extra clothes \* (beyond the minimum expectation)

## Navigation

- Map
- [Compass](#)

## Emergency first aid

- [First-aid kit](#) or first-aid supplies
- Whistle
- Lighter/matches (in waterproof container) \*
- Fire starter (for emergency survival fire) \*
- Emergency shelter \*
- Two itineraries: 1 left with friend + 1 under car seat



## Health and hygiene

- Hand sanitizer
- Toothbrush and toothpaste
- Sanitation trowel
- Toilet paper/wipes and sealable bag (to pack it out)
- Menstrual products
- Prescription medications
- Prescription glasses

## For sun protection

- Sunglasses \* (+ sunglass straps)
- Sunscreen
- SPF-rated lip balm \*
- Sun hat \*

## Some optional extras for backpacking

- Daypack (for day trips away from camp)
- Camera or action cam (with extra memory cards)
- Interpretive field guide(s)
- Star chart/night-sky identifier
- Outdoor journal with pen/pencil
- Book/reading material
- Cards or games
- [Compact binoculars](#)
- [Two-way radios](#)

## Seasonal

- Long underwear
- Warm, insulated jacket or vest
- Fleece pants
- Gloves or mittens
- Warm hat

