

Overnight Backpacking Checklist

Backpacking gear

- Backpack with rain cover
- [Backpacking tent](#) (with [stakes](#), [guylines](#), [footprint](#))
- [Sleeping bag \(with stuff sack\)](#)
- [Backpacking pillow](#)
- [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
- [Coffee system](#)
- 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)
- [Poncho](#)

Navigation

- [Map](#)
- [Compass](#)
- GPS device and/or [hiking watch](#)

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

