

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
Emergency Food (Powerbar etc.)
First-aid kit
Pocket knife
Flashlight (with extra batteries/ bulbs)
Sunglasses (with retaining strap)
Sunscreen
Matches (in waterproof container) and firestarter
Whistle (on lanyard to wear around neck)

Camping Gear

Backpack
Day/summit/fanny pack
Pack cover (large trash bag)
Tent or tarp
Sleeping bag (in waterproofed stuff sack/plastic bag)
Cord/other to tie bag to pack
Sleeping pad
Pillow case
Matches/lighter
Plate/cup/utensils
Plastic garbage bag
Resealable plastic bags
Repair Kit
Duct Tape
Rope or Cord

Hiking Items

Hiking Stick or Staff
Trail Food / Snacks
Water Bottles or Platypus
Water (two quart capacity) (Gookenaïd)
Moleskin/2nd skin/duct tape

Patrol Items

Food
Stove and fuel
Pots/frying pans/lids (just enough to cook the menu)
Biodegradable soap
Pot scrubber/dish towel
Pot grabber
Plastic garbage bags
Water filter/purifier
Water-purification tablets

Clothing

Quick-dry shorts (Scout shorts)

Short-sleeved shirt (T500 t-shirt or uniform)
Belt
Long pants (fleece or wool)
Fleece or wool vest
Fleece jacket/wool sweater/parka
Rainwear (top/bottoms)
Lightweight Poncho
Long underwear top (no cotton)
Long underwear bottoms (no cotton)
Regular underwear (if more than two days)
Fleece or wool gloves/mittens
Sun Hat
Warm hat (fleece or wool)

Footwear

Boots/shoes that match the terrain
Wicking liner socks
Hiking socks
Extra laces

Personal Items

Toilet paper and zip lock bags for disposal
Toothbrush and toothpaste
Small towel
Brush/comb
Prescription medicines
Money
Field guides
Camera and film
Notebook and pencil
Watch
Camp chair