

# Overnight Backpacking Checklist

## Sleeping Equipment:

- Sleeping bag (\* see note 2 below)
- Stuff sack for sleeping bag
- Straps for holding bag to pack
- Foam pad, air mattress (Therm-a-rest)
- Tarp/ground cover (6x8)

## Packing Equipment:

- Flashlight or headlamp with batteries
- Canteen or hydration pack (>=2 liters)
- Backpack (\* see note 1 below)
- Waterproof pack cover or large trash bag
- 2 or 3 extra 1-gallon Ziploc plastic bags
- Cord (about 15' long)
- Bandana/lightweight towel for cleaning

## Eating Equipment:

- cooking pot (holds 3-4 cups water)
- Deep bowl (plastic)
- Cup (measuring style)
- Spoon & fork or spork
- 1 or 2 1-quart water bottles
- Leaders will bring stoves & fuel

## Clothing Layer A (Hiking clothes)

- Extra pair underwear
- Thick hiking socks (+ extra pair)
- Nylon pants (zip off legs recommended)
- Short sleeve shirt
- Wide brim flexible hat
- Hiking boots (well worn in)

## Clothing Layer B (Cool Evening Clothes)

- Sweatshirt or jacket (fleece or wool)
- Thermal underwear (polypro)
- Stocking cap (wool or polypro)
- Long pants (not denim!)
- Lightweight sandals or water shoes

## Personal items

- Toothbrush
- Toothpaste
- Medications (Inform adult leader)
- Sunscreen
- Deodorant (travel size)
- Lip Balm (at least SPF 25)
- Toilet paper (20-30 squares)
- Hand sanitizer (travel size)
- Mole skin (for blisters)

## Emergency items

- Small pocket knife
- Rain poncho
- Whistle
- Personal first aid kit
- Matches/lighter in waterproof container

## Optional items

- Camera
- Watch (inexpensive)
- Notepad/pencil
- Sun Glasses (inexpensive)
- Frisbee, deck of cards or other activity

**Food Suggestions:** Prepackaged backpacking meals, military MRE's, ramen noodles, other instant just-add-water meals, bagels or instant oatmeal. Stay away from canned foods, they are too heavy.

**Storage:** All items should be organized and stored in waterproof Ziplock plastic bags or stuff sacks.

**The following items are NOT allowed on backpacking trips:** Electronic Devices (including handheld games and cell phones), Radios, Tape/CD/MP3 players, Sheath knives, or Weapons. Cell phones and handheld games may be used in the car.

**\*Note 1:** Choose an internal or external pack that best fits your body. Go to a reputable supplier to get a properly fitting pack. Choose a pack under 4000 cubic inches.

**\*Note 2:** Your sleeping bag should be warm (suitable for temperatures down to 25 degrees) but not bulky or heavy. When your sleeping bag is packed, it should be no more than 20 inches long and 10 inches in diameter, and it should weigh five pounds or less. Use a waterproof sack to store your sleeping bag and line the sack with a heavy-duty (4 to 6 mil) plastic bag safely secured to keep your sleeping bag dry even in wet weather.