### BASIC BACKPACKING CHECKLIST
for an easy overnight backpacking trip

#### PRIMARY GEAR
- Backpack and rain cover
- Tent
- Sleeping bag and stuff sack *(put a jacket in it at night and it becomes a pillow)*
- Sleeping pad

#### SUN/BUG PROTECTION
- Sunscreen
- Lip balm
- Sunglasses
- Bug juice

#### FOOD & WATER
- Meals and snacks
- Extra food *(one day’s worth)*
- Stuff sack or large plastic bag *(for stowing food at night)*
- Stove and fuel bottle or canister
- Lighter
- Cookset *(with pot grabber)*
- Dishes, bowls, cups, utensils
- Biodegradable soap
- Small towel
- Water bottle(s)
- Water treatment method

#### CLOTHING
*(quick-drying fabrics; no cotton)*
- Hiking boots or shoes
- Socks *(plus a spare pair)*
- Sandals *(optional, for around camp or crossing streams)*
- Long-underwear top & bottom
- Underwear
- Hiking pants and shorts
- T-shirt
- Long-sleeve shirt or pullover
- Fleece or insulated jacket
- Gloves and a beanie
- Rain jacket and pants

#### NAVIGATION & EMERGENCY GEAR
- Topographic map
- Compass
- Route description/guidebook
- Cellphone *(with battery strategy and waterproof case)*
- Whistle *(repeat a series of 3 blasts if you get lost)*
- Watch
- Fire starter *(for emergency survival fire)*
- Headlamp or flashlight
- Extra batteries
- First-aid kit

#### CAMP BATHROOM
- Toilet paper
- Trowel for burying waste
- Hand sanitizer
- Menstrual products
- Plastic bags *(for used products)*
- Toothbrush and biodegradable toothpaste

#### TOOLS & REPAIRS
- Knife or multitool
- Strips of duct tape *(for emergency repairs)*

#### WILDLIFE SUPPLIES
- Bear canister *(if required)*
- 50’ of nylon cord *(for hanging food from a tree branch)*

#### OTHER ESSENTIALS
- Permits *(if required)*
- Keys, license, credit card, cash
- Trip itinerary *(left w/a friend)*