



OVERNIGHT HIKING CHECKLIST

Overnight Hiking Gear:

- A larger comfortable hiking backpack
- First aid kit, including blister care and Benadryl for bee stings
- Camelbak
- Hiking permits
- Garbage bags
- Tent or camping hammock
- Pillow or stuff sack
- Sleeping bag
- Sleeping pad
- Optional: Emergency bivy sack*
- Optional: Sleeping bag liner*
- Optional: Tent footprint*
- Optional: Backpack cover*

Overnight Hiking Cookware and Food:

- Enough food for the trip
- Energy snacks
- Stove
- Fuel
- Cookware set
- Cooking pots
- Eating utensils
- Dinnerware: Bowl and plates
- Dish washing kit
- Optional: Coffee maker*
- Optional: Mugs*
- Optional: Foldable bucket*
- Optional: Spare parts for stove*

Day/Overnight Hiking Navigation:

- Cell phone and external battery
- Trail map (download to your phone before leaving cell service)
- GPS unit or watch
- Topographic map
- Compass with a mirror
- Guidebook
- Optional: Satellite phone*
- Optional: Personal locator beacon*
- Optional: Map case*
- Optional: Water-tight plastic bags to protect your maps*
- Optional: Survival bracelet*

Overnight Hiking Hygiene:

- Toilet paper
- Trowel
- Hand sanitizer
- Bio degradable wipes
- Sunscreen
- Lip balm with SPF
- Bug spray or bug wipes
- Prescription medications
- Toiletries
- Contact lenses (disposable)
- Feminine hygiene products
- Camping soap
- Toothbrush
- Toothpaste
- Facecloth
- Towel
- Optional: Quick-dry towel*
- Optional: Knee support*
- Optional: Mouthwash*
- Optional: Dental floss*

Overnight Hiking Clothing:

- Pair of socks for each day
- Hiking boots
- Moisture-wicking shirts
- Quick-dry pants
- Quick-dry shorts
- Lightweight jacket for cool evenings
- Wicking underwear
- Optional: Packable rain jacket*

Overnight Hiking Items and Tools:

- Waterproof matches or fire starters
- Utility knife or multi-tool with a knife
- Whistle
- Headlamp or flashlight
- Folding saw
- Bear banger or flares
- Bear canister or bag
- Rope for hanging food
- Optional: Extra batteries*
- Optional: Duck Tape*
- Optional: Spork*
- Optional: Headlamp for early morning starts*
- Optional: Extra batteries for headlamp*



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Other Day/Overnight Hiking Goodies:

- Hiking / trekking poles
- Camera
- Extra water bottles
- Emergency water filter