

Overnight Backpacking Gear List

Outdoor Essentials

- Map (in a watertight case)
- Compass
- Pocketknife
- First-aid kit
- Extra clothing
- Water Bottle
- Headlamp/flashlight (extra batteries)
- Extra food
- Matches and fire starter
- Sunglasses
- Sunscreen
- Whistle
- Small Ditty Bag

Personal Hiking Gear

- Backpack
- Pack cover

Footwear

- hiking boots

Hiking Clothing

- Dress in layers. No Cotton!
- Wool or synthetic hiking socks
- Wicking liner socks
- Light weight long underwear bottoms
- Nylon shorts
- Warm pants (fleece or wool)
- Light weight long underwear tops
- Synthetic short-sleeved shirt
- Wool/synthetic long-sleeved shirt or light sweater
- Heavy fleece/wool jacket/sweater

Outerwear

- Rain gear (top/bottoms)
- Glove liners
- Fleece or wool gloves/mittens
- Waterproof gloves/overmitts
- Wide-brimmed rain/sun hat
- Warm hat (fleece or wool)
- Bandana(s)
- Gaiters

Personal Camping Gear

- Sleeping bag (in waterproof stuff sack)
- Sleeping pad
- Ground Cloth
- Nylon stuff sacks
- Plastic garbage bags
- Resealable plastic bags
- Personal Cooking Gear
- Eating utensils
- Plate or Bowl
- Drinking cup

Personal Items

- Extra laces
- Small bath towel
- Lip balm (with sun protection)
- Repair kit
- Sewing kit
- Accessory cord (100-foot or so)
- Toiletries Kit
 - Toothbrush and toothpaste
 - Brush/comb
 - Toilet paper
 - Other personal toiletry items

Optional Items (Personal)

- Insect repellent
- Head net
- Water-purification tablets
- Altimeter
- Binoculars
- Field guides
- Camera and film
- Paper and pencil
- Travel games
- Watch/alarm clock
- Weather radio
- Hiking poles
- Money
- Photo ID
- Fishing gear
- Fishing license
- Day pack or summit pack
- Tent broom
- Sit pad or sleeping pad chair kit

Personal Travel Gear

- Car Bag
 - Change of Clothes
 - Trash Bag (to put wet boots and clothing into)