# 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 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 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

## 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

## 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 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
OVERNIGHT HIKING CHECKLIST

Other Day/Overnight Hiking Goodies:

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