# OVERNIGHT PACK CHECKLIST - Essentials

## (Includes supplies wearing or on person)

1. Backpack

2. Rain cover (garbage bag)

3. Sleeping bag

4. Hiking boots

5. Water bottle

6. Food

7. Spare plastic bags (for wet clothes, trash, etc)

8. Sleeping pad

9. Mess kit and utensils

10. Plastic cup

11. Compass (on belt)

12. Tent

13. Pocket knife (on belt)

14. Ground cloth

15. Small flashlight w/ fresh batteries

16. Whistle (on belt)

17. Matches (waterproof) or lighter

18. First aid kit (personal)

19. 2 pr hiking socks

20. 2 pr shorts or pants (zip-offs are good)

21. 2 shirts

22. 2 pr underwear

23. Sleepwear

24. Light jacket or sweat shirt

25. Lightweight rain jacket & pants or poncho

26. Hat or cap

27. +/- thermal underwear (polypropylene is best)

28. Toothpaste and brush (small tube)

29. Sunscreen

30. Lip balm

31. Insect repellant

32. Toilet paper (fold sheets and place in sandwich bag)

33. Empty pillow case

# No blue jeans!!

# Put sleeping bag in plastic trash bag before stuff sack to keep dry