

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 repellent
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