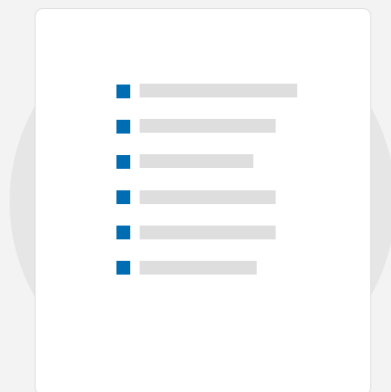


Backpacking Checklist

Our backpacking checklist is your tried-and-true guide to packing smart for overnight hiking trips. The list is intentionally comprehensive so you don't forget anything important.



The Ten Essentials

1. Navigation

- ☐ Map (with protective case)
- ☐ Compass
- ☐ GPS (optional)
- ☐ Altimeter (optional)

2. Sun protection

- ☐ Sunscreen
- ☐ Lip balm
- ☐ Sunglasses

3. Insulation

- ☐ Jacket, vest, pants, gloves, hat (see Clothing, below)

4. Illumination

- ☐ Headlamp or flashlight
- ☐ Extra batteries
- ☐ First-aid kit (see our First-Aid Checklist)

5. First-aid supplies

- ☐ First-aid kit

6. Fire

- ☐ First-aid kit (see our First-Aid Checklist)
- ☐ Matches or lighter
- ☐ Fire starter (for emergency survival fire)

7. Repair kit and tools

- ☐ Knife or multi-tool
- ☐ Repair kits for stove, mattress; duct tape strips

8. Nutrition

- ☐ Extra day's supply of food

9. Hydration

- ☐ Water bottles or hydration reservoirs
- ☐ Water filter or other treatment system

10. Emergency shelter

- ☐ Tent, tarp, bivy or reflective blanket

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