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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