



## Gear Checklist - Overnight Backpacking

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- Backpack

### THE BEDROOM:

- Tent (footprint, body, fly, poles, stakes)
- Sleeping Pad
- Sleeping Bag

### THE KITCHEN:

- Food (ample supply for trip plus one day)
- Spice Kit
- Drink Mixes (tea, coffee, Gatorade, horchata)
- Stove
- Fuel Bottle/Canister (with enough fuel for the trip plus 1 extra day)
- Lighter and/or Matches
- Cook Kit (one pot, minimum)
- Pot Grabber
- Cooking/Eating Utensils (spoon at minimum)
- Clean Up Kit (biodegradable soap, small sponge, small towel)
- Water Filter or Purification Tablets
- Water Bottles or Hydration System
- Camp Mug
- Ziploc Bags (for garbage)
- Bear Canister (for food, where required)

### THE CLOSET:

- Hiking Boots
- Camp Shoes or Sandals
- Hiking Socks (include 1 extra pair in ziploc)
- Underwear
- Short Sleeved Shirt(s)
- Base Layer Top(s) - seasonal
- Rain Jacket
- Rain Pants
- Warm Hat

### THE CLOSET CONTINUED:

- Brimmed Hat (baseball cap)
- Gloves
- Sunglasses
- Bandana

### THE BATHROOM:

- Toothbrush
- Toothpaste
- Sunblock
- Lip Balm (with SPF)
- Trowel
- Toilet Paper
- Ziploc Bags
- Bug Spray
- Other Personal Toiletries or Rx Medications

### OTHER IMPORTANT ITEMS:

- First Aid Kit (see Sierrasoul Tips & Technique)
- Oh Shit Kit (repair kit - see Sierrasoul Tips & Technique)
- Map
- Compass
- Whistle
- Headlamp or Flashlight
- Pocket Knife
- Camera
- Paper and Pencil
- Photo ID and Insurance Card
- Permits (campfire, wilderness, etc.)
- Pack Rain Cover