

Packing Checklist: Overnight / Weekend Backpacking

Distance: 6-12 miles (per day) | Days: 1-3 | Pack Weight: 30 lbs

Equipment

- 3-Season tent
- 10ft nylon cord, guylines, stakes (if needed for shelter)
- Down or synthetic sleeping bag
- Sleeping pad
- Backpack (40-70L)
- Trekking poles (esp. if needed for tarp or shelter)
- Dry sack / Pack liner
- Waterproof backpack cover

Food & Water

- Meals, snacks
- Food storage bags
- Anti-bear food storage system (if needed):
- 40-60ft rope, large sack, bear canister
- Water bladder / water bottle
- Water filter (base camp gravity filter)
- Additional beverages
- Canister stove, windscreen if compatible, fuel
- Lighter / matches
- Cookset with lid
- Mug, spork
- Dishcloth / scraper

Clothing

- Synthetic or merino wool underwear and socks
- Synthetic or merino wool baselayer top and bottoms
- Midlayer top - fleece or puffy
- Rain jacket and pants
- Hiking pants / shorts (softshell / convertible)
- Hiking shoes / Backpacking boots
- Gloves
- Sun hat / beanie / bandana / Buff
- Sunglasses

Emergency Repairs

- Map
- Compass / GPS watch
- Whistle
- Rechargeable headlamp
- 3 ft duct tape
- First aid kit
- Ultralight knife / multi-tool

Personal

- Cell phone & charger
- Rechargeable power pack (solar)
- ID, debit or credit card, cash
- Fire/trail permits, if needed
- Sunglasses case

Hygiene

- Toothbrush, baking soda
- Camp soap / baby wipes
- Sunscreen, lip balm
- Insect repellent
- Mini pack towel
- Trowel / waste removal system
- Toilet paper in resealable bag

Optional

- Stuff sacks / dry bags (for clothing or gear)
- Dental floss
- Swimsuit
- Bear spray
- Mosquito netting
- Lightweight inflatable solar lantern
- Lightweight camp chair
- Hammock
- Portable speaker
- Flip-flops / camp shoes
- Reading material / playing cards
- Journal / pen or pencil