



## Overnight Backpacking Packing List

Have a Great Trip!

### Personal Gear List

- (1) pair long pants or shorts (nylon– no jeans)
- (1) T shirts (poly pro or blended)
- (1) Long sleeve shirt
- Comfortable shoes to hike in
- Sleep clothes
- Rain Gear (Camptown will provide if you do not have)
- Hat
- Flashlight
- Light Sweater/fleece or wind breaker
- Bandana
- Sleep clothes
- Extra pair of Socks
- Mosquito dope/spray
- Sun tan lotion/Chap stick
- Tooth brush/paste
- Medications
- (1) extra large trash bag

### Camping Supplies

- Backpack
- Sleeping bag
- Sleeping Pad
- (2) 32 oz. Water Bottle
- Water bottle holder
- Pack cover
- Poncho
- Stuff sack for Food
- Tent
- Headlamp
- Stove
- Fuel canister
- Cooking supplies - pot with lid, pot grip, and spoon
- Eating utensils – Spoon/spork
- Food hang -small bag with 50' parachute cord & carabineer
- Water filter/treatment
- Dity Bag (backpackers trowel, toilet paper, hand sanitizer)

### Optional Items

- Camera
- Journal/pen
- Binoculars
- Small Pillow
- Cards

### 10 Essentials

- First Aid Kit
- Water Bottle
- Extra Clothing
- Rain Gear
- Pocket Knife/Multi-tool
- Lighter/Matches/Firestarter
- Map & Compass (and know how to use them)
- Extra Snacks
- Sun Protection (hat, sunglasses, sunscreen)
- Flashlight