

**OVERNIGHT BACKPACKING CHECKLIST**  
**Ken's Picks Number 4 – Simple One-Night/Beginners**

**Major items (these are expensive - suggest borrowing until you're sure of what you want)**

Backpack  
Sleeping Bag (mummy - ~20 deg real/syn down)  
Sleeping Pad - foam  
Shelter/tent – usually shared

**Personal Eating Gear**

Plate/bowl  
Cup  
Food to eat – shared  
Hydration (Gatorade bottles, Nalgene, platypus)  
Water filter/tablets if local water to be used  
Trail lunch (day one) and trail snacks for two days (bars, dried fruit, trail mix, string cheese)

**Other 10+ Essentials**

Map and compass (sharing OK)  
First-aid kit with Moleskin/2nd skin/duct tape  
Pocket knife (small)  
Flashlight/headlamp (cheap Home Depot OK)  
Sunglasses (with retaining strap)  
Sunscreen (smallest possible size)  
Bug repellent (smallest possible size)  
Lighter (smallest possible size)

**Other Camping Gear**

Pack cover (large trash bag)  
Resealable plastic bags  
Duct Tape (small amount to fix things with)  
Lightweight Cord (small amount)

**Personal Items**

Toilet paper + ziplocks for disposal/hiking out  
Toothbrush (no toothpaste needed for one day)  
Prescription medicines (tell adult leaders)  
Money for lunch on the way home  
Field guides/scout book (if desired) (heavy)  
Smartphone (camera)  
Notebook and pencil  
Very small towel (bandana doubles for this)  
Maybe: Watch  
Maybe: Brush/comb  
Sanitary items if applicable

**Clothing - Worn (avoid cotton; should dry easily)**

Shirt  
Pants (long or short depending on weather)  
U-wear  
Socks  
Wicking liner socks (if desired)  
Hiking footwear (boots or sturdy athletic shoes)  
Sun hat  
Whistle (on lanyard around neck at all times)  
Bandana (cotton OK)  
Trekking poles, if desired

**Other Clothing (no cotton - must insulate if wet)**

Thermal top  
Polar fleece or wool top  
Rain/wind shell  
Thermal bottoms  
Rain pants if available  
Gloves (glove liners are usually sufficient)  
Warm hat/beanie or balaclava  
Warm socks to sleep in  
Extra u-wear bottom  
Maybe: Long/Short pants (opposite of hiking pants)  
Maybe: Camp shoes/crocs  
Maybe: More warm clothes if very cold anticipated

**Shared Items**

Tents/Shelter  
Food (dinner and breakfast)  
Stove and fuel  
Pots/lids (just enough to cook the menu)  
Small dish towel (chamois)  
Plastic garbage bag (large zip locks OK)  
Poop Trowel  
Spot or other safety/location device (adults)

**Unnecessary things for a one-night trip**

Extra shirt (come home dirty)  
Extra pants (come home dirty)  
Extra socks  
Pillow (use sleeping bag sack)  
Camp chair  
Vitamins (take Sunday night)  
Fresh fruit/Milk  
Deodorant/hair gel (these attract critters)  
Extra batteries (LEDs are very efficient)

*Note to Parents: This checklist has been developed to minimize unnecessary weight, while still containing the things that each youth will need. Even though many of the things listed as unnecessary are often carried by experienced backpackers, youth are better off trading for a lighter pack at first. Even this list will result in a pack that, as a percentage of body weight, will be a challenge for the younger or lighter campers. The adults will carry the more robust safety and first aid gear.*