



Suggested Packing List for an Overnight Trip



The following is a suggested list of important items for any overnight camping trip taking place during the Spring, Summer, or Fall months in the Northeast.

Required Clothing Items: *Each of these categories includes layers for temperature modulation and increased warmth. It is good to have some extra layers to change into at night while your hiking clothes dry. If you know you get cold easily, consider bringing extra layers. Vests are great for adding a little extra warmth.*

Upper Body: (combine these layers)

- 1-2 synthetic (if possible) T-shirts (Polypropylene, Thermax, Capilene, etc.)
- 1-2 long sleeve synthetic layer
- 1 Fleece or wool jacket or sweater
- 1 rain jacket

Lower Body:

- 1 pair long underwear
- 1 pair shorts if weather appropriate
- 1 pair synthetic long pants that are easy to move around in
- 2 pairs underwear

Head:

- 1 warm hat
- 1 hat for sun protection

Feet:

- 2 pairs hiking socks (synthetic)
- Hiking boots/shoes- broken in!

Hands:

- 1 pair fleece or liner gloves

Required Equipment Items:

- Expedition backpack (external or internal frame) w/trash bag liner
- Sleeping bag (synthetic fiber or down filled bag rated to 20 degrees F) stuff sack lined with plastic bag.
- Sleeping pad
- Small flashlight or headlamp with NEW and spare batteries.
- Labeled insulated cup, bowl, spoon (NO glass!)
- 2 x 1 qt. water bottles
- Whistle
- Sun block and chapstick (with sunscreen)
- Personal toiletry items (toothbrush, baking soda or tooth paste, tampons and plastic bag for disposal, contact lens solution, medications (with prescription), hand cream... avoid soap, but if absolutely necessary bring biodegradable soap like Camp Suds or Dr. Bonners)
- Lots of enthusiasm & smiles!

Optional Items:

- Compass
- Small pocket knife
- Waterproof pack cover, or extra large trash bags to cover your pack.
- Bandanna
- Extra prescription glasses or contact lenses
- Security strap (like Croakies) for sunglasses and glasses
- Duct tape (can wrap some around a water bottle or pencil to bring with you for repairs)
- Camera with film
- Paperback book or other good reading material, games, deck of cards, stories.
- Journal or notebook with pen
- Binoculars
- Field guides

Additional Leader Items:

It is recommended that trip leaders carry additional safety equipment, regardless of the length of the trip:

- First aid kit, including incident report forms (appropriate to the length of trip, activity, and needs of participants)
- Copy of itinerary (with emergency phone numbers) - leave a copy behind
- Copies of ALL medical forms of participants - leave copies behind
- Maps in protective, waterproof bag (with route, emergency routes, and nearest phones)
- Compass (and knowledge of how to use it)
- Extra clothing -- warm hat, mittens, long underwear, etc. (for participants or emergency situation)
- Thermarest or ground pad (for emergency situation)
- Large garbage bag (improvised bivy for emergency situation)
- Extra lighter, or waterproof matches
- Repair equipment (appropriate to the equipment on trip): stove kit, extra cord, duct tape, needles, strong thread/fishing line.
- Pen/paper (for recording emergency information)
- Emergency money
- Vehicle keys
- Water purification (iodine, filter, etc.)
- Dromedary bag (if you know you will be hiking away from a water source for an extended period of time- such as Katahdin)
- Headlamp with extra batteries
- Cell phone in protective case