

Cold Feet Overnight Backpacking Checklist

*Items are per patrol or group-remaining are per person

The 10+ Essentials

<input type="checkbox"/> Extra clothing layer(s)	<input type="checkbox"/> Area Map (in waterproof case)
<input type="checkbox"/> Drinking water	<input type="checkbox"/> Compass
<input type="checkbox"/> Food	
<input type="checkbox"/> Sunglasses (with retaining strap)	<input type="checkbox"/> First Aid Kit
<input type="checkbox"/> Pocket knife	<input type="checkbox"/> Sunscreen
<input type="checkbox"/> Matches (in waterproof container) and firestarter	<input type="checkbox"/> Headlamp or flashlight (with extra batteries/ bulbs)
Remember redundancy with essentials. (have more than one type)	

Outer Clothing

<input type="checkbox"/> Gaiters	<input type="checkbox"/> Fleece/Wool jacket
<input type="checkbox"/> Ski Pants-Water Proof Shell	<input type="checkbox"/> Waterproof gloves/overmitts (x2)
<input type="checkbox"/> Parka/Winter Coat-(waterproof shell)	<input type="checkbox"/> Warm hat (fleece or wool) (x2)
<input type="checkbox"/> Rain Wear	<input type="checkbox"/> Wide-Brimmed Rain/Sun Hat (option)

Inner Clothing

<input type="checkbox"/> Regular underwear (x2)	<input type="checkbox"/> Sweater or additional fleece
<input type="checkbox"/> Wicking long underwear (top/bottoms)	<input type="checkbox"/> Long-sleeved shirts (x2)
<input type="checkbox"/> Warm pants (fleece or wool) (x2)	<input type="checkbox"/> Bandanna (Optional)

Footwear

<input type="checkbox"/> Wicking liner socks	<input type="checkbox"/> Snow/Hiking boots (waterproof)
<input type="checkbox"/> Hiking/Wool socks x3	<input type="checkbox"/> Slippers (optional)
<input type="checkbox"/> Toe/Hand Warmers (nice!)	<input type="checkbox"/> Extra Laces

Hiking/Camping Gear

<input type="checkbox"/> Backpack and Cover	<input type="checkbox"/> 100-foot accessory cord
<input type="checkbox"/> Day/summit pack (option)	<input type="checkbox"/> Axe/saw*
<input type="checkbox"/> Snowshoes	<input type="checkbox"/> Trash bags
<input type="checkbox"/> Hiking Poles	<input type="checkbox"/> Resealable plastic bags
<input type="checkbox"/> Shovel	<input type="checkbox"/> Chair (optional)

Sleeping Gear

<input type="checkbox"/> 10 degree Sleeping bag (2nd suggested)	<input type="checkbox"/> Tent*
<input type="checkbox"/> Sleeping pad (second suggested)	<input type="checkbox"/> Rainfly*
<input type="checkbox"/> Footprints*	<input type="checkbox"/> Tent stakes*

Cooking and Eating Gear

<input type="checkbox"/> Water bottle(s)	<input type="checkbox"/> Pot scrubber/dish towel*
<input type="checkbox"/> Water filter/purifier & Tablets	<input type="checkbox"/> Biodegradable soap*
<input type="checkbox"/> Food (adequate supply for your trip)*	<input type="checkbox"/> Pot grabber*
<input type="checkbox"/> Stove and fuel*	<input type="checkbox"/> Drinking cup

<input type="checkbox"/>	Cook Pot/pans and Utensiles*	<input type="checkbox"/>	Eating Plate & utensils
Personal Items			
<input type="checkbox"/>	Toilet paper	<input type="checkbox"/>	Insect repellent (optional)
<input type="checkbox"/>	Toothbrush and toothpaste	<input type="checkbox"/>	Lip Balm
<input type="checkbox"/>	Small bath towel	<input type="checkbox"/>	Brush/comb (optional)
Other/Extras-Optional			
<input type="checkbox"/>	Binoculars	<input type="checkbox"/>	Money
<input type="checkbox"/>	Field guides	<input type="checkbox"/>	Photo ID
<input type="checkbox"/>	Camera and film	<input type="checkbox"/>	Camping/fire permits, if needed
<input type="checkbox"/>	Notebook and pencil	<input type="checkbox"/>	Fishing license
<input type="checkbox"/>	Travel games	<input type="checkbox"/>	Trip Plan (left with responsible friend)
<input type="checkbox"/>	Watch/alarm clock	<input type="checkbox"/>	Weather radio