

OVERNIGHT BACKPACKING TRIP PACKING LIST (SUMMER)

While you're packing, use this handy checklist to make sure you don't forget anything important. It includes more items than you're likely to need and you can adapt it to your needs. Items may also need to be added. There is space for your own notes for that purpose.

| MUST HAVE ITEMS | NOTES |
|---|-------|
| Clothing | |
| Waterproof walking shoes or boots suited to terrain and weather | |
| Sandals for breaks | |
| Weather-appropriate jacket | |
| Weather-appropriate pants or shorts | |
| Moisture-wicking shirt (long/short sleeve), spare ones | |
| Insulating mid-layer clothing: long sleeve / jumper / pants | |
| Underwear, long underwear, spare | |
| Warm socks, multiple pair | |
| Warm, insulated jacket for breaks | |
| Extra base layer for sleeping, wool socks | |
| Hiking | |
| Backpack (50-100 litres), rain cover | |
| Dry bags | |
| Navigation: Map and compass or Trail description | |
| Fire: Matches or lighter in a waterproof bag and a knife | |
| Seat pad | |
| Cellphone with fully charged battery | |
| Toilet paper | |
| Small bag for rubbish | |
| Camping | |
| Tent | |
| Sleeping Bag (Three Seasons- or Summer-) | |
| Sleeping Pad | |
| Quick-dry Towel | |
| Personal hygiene items, prescription medications | |
| Food & Water | |
| Stove, fuel and cooking pots | |
| Mug, plate, utensils | |
| Biodegradable soap, sponge | |
| Meals: breakfast, lunch, dinner and high-energy snacks | |
| Hydration: Water bottle or bladder, plenty of water | |
| First Aid Kit | |
| Triangular bandage, sterile pads and bandage, elastic bandage, assorted plasters, blister plasters, antiseptic wipes, wound care dressing, tweezers, blunt-tip scissors, hydrocortisone tablets | |
| Miscellaneous | |
| Portable Power Bank | |
| Multi-tool | |
| Repair Kit: Duct tape, rope, fine thread | |
| Needle and thread sewing kit | |

| GOOD TO HAVE ITEMS | NOTES |
|--|-------|
| Depending on the Season and Weather | |
| Spare mid-layer and base-layer clothing, multiple layers | |
| Gloves, warm hat, scarf | |
| Windproof jackets and pants | |
| Waterproof jacket and pants | |
| Head torch | |
| Sunscreen | |
| Sunglasses | |
| Sun hat or sun cap | |
| Bathing suit and towel | |
| Long trousers in a tick-infested area | |
| Insect repellent | |
| Net hat, mosquito hat | |
| Candles | |
| Depending on Activities | |
| Camera in a waterproof case, extra battery | |
| Binoculars | |
| Nature Viewing Guidebooks | |
| Trekking Poles | |
| TO BE ADDED | |
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OVERNIGHT BACKPACKING TRIP PACKING LIST (WINTER)

While you're packing, use this handy checklist to make sure you don't forget anything important. It includes more items than you're likely to need and you can adapt it to your needs. Items may also need to be added. There is space for your own notes for that purpose.

| MUST HAVE ITEMS | NOTES |
|---|-------|
| Clothing | |
| Insulated walking shoes or boots suited to terrain and weather | |
| Insulated footwear for breaks | |
| Weatherproof jacket with a hood | |
| Weatherproof pants or shorts | |
| Moisture-wicking shirt (long/short sleeve), spare ones | |
| Insulating mid-layer clothing: long sleeve / jumper/ pants | |
| Underwear, long underwear, spare | |
| Warm socks, multiple pair | |
| Warm, insulated jacket for breaks | |
| Extra base layer for sleeping, wool socks, warm hat, handwear | |
| Head and face protection: hat, balaclava | |
| Scarf | |
| Warm gloves or mittens with insulated liners | |
| Hiking | |
| Backpack (50-100 litres), rain cover | |
| Dry bags | |
| Navigation: Map and compass or Trail description | |
| Fire: Matches or lighter in a waterproof bag and a knife | |
| Seat pad | |
| Cellphone with fully charged battery | |
| Toilet paper | |
| Small bag for rubbish | |
| Head torch | |
| Camping | |
| Tent | |
| Sleeping Bag (Winter), liner | |
| Sleeping Pad | |
| Quick-dry Towel | |
| Personal hygiene items, prescription medications | |
| For huts: spare 9 V battery for the fire alarm or own travel fire alarm | |
| Food & Water | |
| Stove, fuel and cooking pots | |
| Mug, plate, utensils | |
| Biodegradable soap, sponge | |
| Meals: breakfast, lunch, dinner and high-energy snacks | |
| Hydration: thermos, warm drink, water | |
| First Aid Kit | |
| Triangular bandage, sterile pads and bandage, elastic bandage, assorted plasters, blister plasters, antiseptic wipes, wound care dressing, tweezers, blunt-tip scissors | |
| Miscellaneous | |
| Portable Power Bank | |
| Multi-tool | |
| Repair Kit: Duct tape, rope, fine thread | |
| Needle and thread sewing kit | |

| GOOD TO HAVE ITEMS | NOTES |
|--|-------|
| Depending on the Season and Weather | |
| Warm, insulated jacket for breaks | |
| Spare mid-layer and base-layer clothing, multiple layers | |
| Spare socks | |
| Windproof jackets and pants | |
| Waterproof jacket and pants | |
| Sunscreen | |
| Sunglasses | |
| Candles | |
| Depending on Activities | |
| Camera in a waterproof case, extra battery | |
| Binoculars | |
| Snow shoes, sliding snow shoes and poles | |
| Ice picks and other ice safety items | |
| Skis, skiing poles, ski shoes | |
| Nature Viewing Guidebooks | |
| TO BE ADDED | |
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