



ATC 2021 Overnight Backpacking Checklist

Preparation is more important than ever during the 2021 hiking season.

ESSENTIAL SKILLS

- Setting up your personal shelter
- Storing your food properly
- Backcountry bathroom skills
- Backcountry handwashing skills
- Preventing the spread of COVID-19 and other illnesses
- Community safety practices
- Reporting incidents and positive COVID-19 cases
- Learn these essential skills by visiting appalachiantrail.org/explore

CLOTHING

- Multiple reusable masks/face coverings
- Hiking shirt
- Hiking shorts/pants/skirt/leggings/dress
- Underwear/bra
- Base layer top & bottom
- Insulating mid layer
- Insulating jacket
- Rain jacket or poncho
- Socks
- Hiking boots/shoes
- Camping/sleeping clothes
- Warm hat
- Gloves

OPTIONAL

- Rain pants/skirt
- Sunscreen/sun hat
- Bug spray
- Camp shoes/sandals
- Hiking poles
- Gaiters
- Bandanas
- Buff/neck gaiter
- Pocket knife
- Mug/cup
- Ear plugs
- Town clothes
- Spice kit
- Satellite communication device

EQUIPMENT

- First aid kit – including disposable face masks and nitrile gloves
- Personal shelter (tent, tarp, hammock)
- Backpack
- Sleeping bag
- Sleeping pad
- Map/compass/trail guide
- Water bottles or bladder
- Water treatment system
- Lighter
- Head lamp
- Trowel and unscented hand sanitizer
- Toiletries – including hand washing kit

FOOD

Consider COVID-19 transmission risks when planning resupplies

- Calorie-dense, lightweight food
- Food storage system
 - ▶ Bear canisters recommended
 - ▶ Bear hang set up: 60 feet rope & bag for all edible and scented items.
- Fuel & lighter
- Stove & pot
- Spoon / spork

