

FIELD NOTE

ADVENTURE READY PACKING CHECKLIST

DAY HIKE · OVERNIGHT · MULTI-DAY



BEYOND NORDIC
FUTURE OF SCANDINAVIAN OUTDOOR

EVERY HIKE

Start here for every adventure, then add the items from the Day Hike, Multi-Day, Seasonal or Activity sections as needed.

CLOTHING

- Base layer
- Hiking shirt
- Hiking pants / shorts
- Hiking socks
- Underwear
- Hiking boots / trail shoes
- Mid layer / fleece
- Waterproof shell
- Sun cap / hiking hat
- Buff / neck gaiter
- Sunglasses
- Lightweight beanie
- Lightweight liner gloves

WATER & FOOD

- Water
- Food / snacks
- Electrolytes

NAVIGATION

- Phone + offline maps
- Paper map
- Compass

SAFETY

- First aid kit
- Personal medication
- Blister treatment
- Emergency whistle
- Headlamp
- Hand sanitizer

SUN PROTECTION

- Sunscreen
- SPF lip balm

BACKPACK & STORAGE

- Appropriate backpack
- Rain cover
- Dry bag / Ziplocks

ESSENTIALS

- Power bank
- Emergency contacts
- ID / identification

PERSONAL ESSENTIALS

Anything you personally need for the day.



DAY HIKE

Add these to your Every Hike essentials for a typical full-day adventure.

PACK

- 20-30L backpack
- Rain cover
- Dry bag / Ziplocks
- Extra clothing layer
- Sit pad
- Trekking poles (optional)
- Camera / binoculars (optional)

FOOD & WATER

- Water
- Food / snacks
- Electrolytes
- Cutlery

PERSONAL & COMFORT

- Insect repellent
- Blister / chafing treatment
- Tissues
- Wet wipes
- Rehydration salts / ORS

OPTIONAL COMFORT

- Thermos
- Book / small personal item
- Extra gloves / beanie
- Small quick-dry cloth



MULTI-DAY 1/2

For overnight and multi-day trips, pack everything from Every Hike and Day Hike, then add the following.

BACKPACK & STORAGE

- 40-70L backpack
- Rain cover
- Pack liner
- Dry bags
- Ziplock bags
- Stuff sacks

SHELTER

- Tent
- Tent footprint
- Stakes & guy lines
- Repair kit

SLEEP SYSTEM

- Sleeping bag
- Sleeping pad
- Pillow

COOKING

- Stove
- Fuel
- Pot
- Mug
- Cutlery
- Lighter / fire starter
- Dish cloth

WATER

- Water bottles / hydration reservoir
- Water filter (optional)
- Water purification tablets (optional)
- Electrolytes

FOOD

- Breakfast
- Lunch
- Dinner
- Trail snacks
- Coffee / tea

SPARE CLOTHING

- Extra base layer
- Spare hiking shirt
- Spare hiking socks
- Spare underwear
- Camp clothes
- Camp shoes / sandals
- Insulated jacket
- Rain pants



MULTI-DAY 2/2

HYGIENE & PERSONAL CARE

Toothbrush
Toothpaste
Dental floss
Biodegradable soap
Shampoo
Deodorant
Toilet paper
Wet wipes
Quick-dry towel
Laundry detergent
Moisturizer
Nail clippers
Razor / shaving supplies
Hairbrush / comb
Menstrual products
Personal hygiene products

HEALTH & MEDICATION

Nasal spray
Pain relief
Allergy medication
Stomach medication
Rehydration salts / ORS
Personal medical supplies

ELECTRONICS

Phone
Headlamp
Spare batteries
Power bank
Charging cables
Camera
Travel adapter (if travelling)

DOCUMENTS

ID / Passport
Cash
Permits
Insurance information
Emergency contacts

REPAIR & TOOLS

Multi-tool
Knife
Duct tape
Gear repair patches
Zip ties & Spare cord
Sewing kit

EMERGENCY / REMOTE TRIPS

Emergency shelter / bivy
GPS / satellite communicator
Extra batteries

PERSONAL ESSENTIALS



SEASONAL EXTRAS

Add what fits your adventure. You don't need everything on this page.

SUMMER

- Extra water
- Electrolytes
- Sun hat
- Insect repellent
- Lightweight beanie
- Lightweight liner gloves

OTHER

WINTER

- Thermal base layers
- Down / insulated jacket
- Warm gloves
- Warm beanie
- Gaiters
- Microspikes
- Hand warmers
- Thermos

WET / SHOULDER SEASON

- Rain pants
- Extra socks
- Extra gloves
- Pack liner
- Additional dry bags



ACTIVITY- SPECIFIC

Add what fits your adventure. You don't need everything on this page.

FISHING

Fishing rod
Tackle
Fishing permit
Fillet knife

PHOTOGRAPHY

Camera
Spare batteries
Memory cards
Tripod
Lens cloth

HIKING WITH DOGS

Dog food
Water bowl
Leash
Waste bags
Dog first aid kit

REMOTE / BACKCOUNTRY

Emergency communication
Navigation backup
Extra food
Extra water capacity
Emergency shelter



CHECK BEFORE YOU LEAVE

Before you leave, run through the essentials one last time.

PLAN

- Check the weather forecast
- Check trail conditions
- Plan your route
- Download offline maps
- Check water availability
- Check permits / local regulations
- Tell someone where you're going
- Check transport / parking

READY YOUR GEAR

- Charge phone
- Charge power bank
- Test headlamp
- Check first aid kit
- Check water filter
- Check stove and fuel
- Check footwear

PACK CHECK

- Water filled
- Food packed
- Weather layer packed
- Navigation ready
- First aid packed
- Headlamp working
- Phone charged
- Power bank charged
- Important documents packed
- Route shared

BACKPACK FIT

- Load balanced and comfortable
- Heavy items close to your back
- Nothing loose or swinging
- Frequently used items easy to reach



HOW TO PACK A BACKPACK

2 — UPPER MAIN COMPARTMENT

Lightweight gear
Extra clothing, fleece, spare layers.

4 — FRONT / OUTSIDE POCKETS

Things you may need while moving
Rain shell, gloves, hat, phone, sunglasses.

6 — EXTERNAL ATTACHMENTS

Things you won't need until you stop
Sleeping bag, camp clothes, overnight gear.



1 — TOP / LID

Things you need quickly
Snacks, map, headlamp, sunscreen, first aid.

3 — CENTRE OF PACK

Heavier items, close to your back
Food, cooking equipment, dense gear.

5 — BOTTOM COMPARTMENT

Things you won't need until you stop
Sleeping bag, camp clothes, overnight gear.



YOUR NOTES

Use this space for route notes, weather, gear reminders, things to bring next time or anything else worth remembering.

ROUTE / DESTINATION

WEATHER & CONDITIONS

GEAR TO REMEMBER

THINGS TO IMPROVE

FIELD NOTES

This image shows a full page of handwriting practice paper. It features multiple sets of three horizontal dashed lines, designed to help children learn letter formation and alignment. The lines are evenly spaced across the entire page, providing a guide for writing practice.



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