

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

WATER & FOOD

- ☐ Water
- ☐ Food / snacks
- ☐ Electrolytes

NAVIGATION

- ☐ Phone + offline maps
- ☐ Paper map
- ☐ Compass

SAFETY

- ☐ First aid kit
- ☐ Personal medication
- ☐ Pain relief
- ☐ 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
- ☐ Extra clothing layer
- ☐ Sit pad
- ☐ Trekking poles (optional)
- ☐ Camera / binoculars (optional)

FOOD & WATER

- ☐ Cutlery

PERSONAL & COMFORT

- ☐ Blister / chafing treatment
- ☐ Tissues
- ☐ Wet wipes
- ☐ Rehydration salts / ORS

OPTIONAL COMFORT

- ☐ Thermos
- ☐ Book / small personal item
- ☐ Lightweight liner gloves
- ☐ Lightweight beanie
- ☐ Small quick-dry cloth
- ☐ Gaiters



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
- ☐ Pack liner
- ☐ Dry 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)

FOOD

- ☐ Breakfast
- ☐ Lunch
- ☐ Dinner
- ☐ Trail snacks
- ☐ Hot drink

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
- ☐ Quick-dry towel
- ☐ Laundry detergent
- ☐ Moisturizer
- ☐ Nail clippers
- ☐ Razor / shaving supplies
- ☐ Hairbrush / comb
- ☐ Personal hygiene products

HEALTH & MEDICATION

- ☐ Nasal spray
- ☐ Allergy medication
- ☐ Stomach medication
- ☐ Personal medical supplies

ELECTRONICS

- ☐ Spare batteries
- ☐ Charging cables
- ☐ Camera
- ☐ Travel adapter (if travelling)

DOCUMENTS

- ☐ ID / Passport
- ☐ Cash
- ☐ Permits
- ☐ Insurance information

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

PERSONAL ESSENTIALS

- ☐ -----
- ☐ -----
- ☐ -----
- ☐ -----



SEASONAL EXTRAS

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

SUMMER

- ☐ Extra water
- ☐ Sun hat
- ☐ Insect repellent

WINTER

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

WET / SHOULDER SEASON

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

OTHER



ACTIVITY- SPECIFIC

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

FISHING

- ☐ Fishing rod
- ☐ Tackle
- ☐ Fishing permit
- ☐ Fillet knife

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PHOTOGRAPHY

- ☐ Camera
- ☐ Spare batteries
- ☐ Memory cards
- ☐ Tripod
- ☐ Lens cloth

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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.



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

This image shows a full page of primary-ruled paper. It features multiple sets of horizontal dashed lines, each set consisting of three lines (top solid, middle dashed, bottom solid). The entire page is filled with these repeating patterns, providing a template for handwriting practice or simple writing exercises. There are no margins, text, or other markings on the page.



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