**Unchecked Exception List**  
ArrayIndexOutOfBoundsException  
ClassCastException  
IllegalArgumentException  
IllegalStateException  
NullPointerException  
NumberFormatException  
AssertionError  
ExceptionInInitializerError  
StackOverflowError  
NoClassDefFoundError

**Checked Exception List**  
Exception  
IOException  
FileNotFoundException  
ParseException  
ClassNotFoundException  
CloneNotSupportedException  
InstantiationException  
InterruptedException  
NoSuchMethodException  
NoSuchFieldException

Checked exceptions are easy. If your IDE/program editor doesn't give you an quick way to see method javadocs or signatures you need to throw it away.

Unchecked exceptions are a different: the best strategy with unchecked exceptions is to not try to catch them. Instead, you write you code so that it avoids throwing them in the first place. For example;

// ... not sure if 'obj' is null

if (obj != null) {

obj.someMethod();

}

// ... not sure if 'obj' has the right type

if (obj instanceof Foo) {

Foo foo = (Foo) obj;

}

// ... not sure if 'i' is in range

if (i >= 0 && i < array.length) {

.... = array[i];

}