

MULTI-DAY HIKING PACKING LIST



* Indicates Essential Items

BAGS

- Backpack (50-70 liters)*
- Day pack
- Pack cover or liner
- Packing cubes
- Dry bag

FOOD + DRINK

- Meals*
- Snacks*
- Water bottles and/or water bladder*
- Water treatment system*

SLEEPING

- Tent or camping hammock*
- Tent foot print
- Sleeping bag*
- Sleeping bag liner
- Sleeping pad*
- Compressible pillow

COOKING

- Backpacking stove*
- Stove fuel*
- Matches or lighter*
- Cookware set*
- Dinnerware set*
- Utensils*
- Dish soap and sponge*
- Coffee maker

NAVIGATION

- Map and trail guides*
- Map case
- Compass*
- GPS device
- Altimeter watch

WARM WEATHER CLOTHING

- Wicking t-shirt*
- Trekking pants and/or shorts*
- Wicking underwear*

COOL WEATHER CLOTHING

(IN ADDITION TO WARM WEATHER CLOTHING)

- Wicking base layer*
- Wicking leggings*
- Fleece or down jacket*
- Beanie or balaclava*
- Gloves*

RAIN PROTECTION

- Waterproof rain jacket*
- Waterproof rain pants*
- Waterproof gloves*

FOOTWEAR

- Hiking boots or shoes*
- Sandals
- Gaiters
- Socks*

SAFETY

- Personal locator beacon
- Cell phone*
- Survival bracelet
- Extra days worth of food*
- First aid kit*
- Bear spray

PERSONAL ITEMS + ACCESSORIES

- Watch
- Headlamp*
- Trekking poles
- Multi-tool
- Spare parts for stove
- Spare batteries for headlamp
- Binoculars
- Towel
- Tooth brush*
- Toiletry kit
- Biodegradable soap
- Lip balm
- Sunscreen
- Hat
- Long sleeve shirt
- Sunglasses
- Toilet paper*
- Trowel
- Hand sanitizer
- Insect repellent
- Zip lock bags
- Ear plugs and eye shade
- Outdoor journal and pen
- ID or Passport*
- Permits
- Cash
- Change of clothes
- Trip itinerary left with a friend*