



## - MULTI-DAY HIKING PACKING LIST -

\* Indicates Essential Items

### Bags

- Backpack (50-70 liters)\*
- Day Pack
- Pack Cover or Liner
- Packing Cubes
- Dry Bag

### Sleeping

- Tent or Camping Hammock\*
- Tent Foot Print
- Sleeping Bag\*
- Sleeping Bag Liner
- Sleeping Pad\*
- Compressible Pillow

### Navigation

- Map & Trail Guides\*
- Map Case
- Compass\*
- GPS Device
- Altimeter Watch

### Food and Drink

- Meals\*
- Snacks\*
- Water Bottles and/or Water Bladder\*
- Water Treatment System\*

### Cooking

- Backpacking Stove\*
- Stove Fuel\*
- Matches or Lighter\*
- Cookware Set\*
- Dinnerware Set\*
- Utensils\*
- Dish Soap and Sponge\*
- Coffee Maker

### Warm Weather Clothing

- Wicking T-Shirt\*
- Trekking Pants and/or Shorts\*
- Wicking Underwear\*

### Cool Weather Clothing (In Additional 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\*

**DON'T DREAM IT. LIVE IT.**

## Footwear

- Hiking Boots or Shoes\*
- Sandals
- Gaiters
- Socks\*

## 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 Repellant
- Zip Lock Bags
- Ear Plugs & Eye Shade
- Outdoor Journal & Pen
- ID or Passport\*
- Permits
- Cash
- Change Of Clothes
- Trip Itinerary Left With A Friend\*

## Safety

- Personal Locator Beacon
- Cell Phone\*
- Survival Bracelet
- Extra Days Worth Of Food\*
- First Aid Kit\*
- Bear Spray