

Hiking/Backpacking Essential Packing List:

Clothing:

- Hiking pants and shorts
- Athletic or moisture wicking shirts
- Insulating layer (fleece or down jacket)
- Waterproof and breathable rain jacket
- Waterproof rain pants
- Warm hat and gloves
- Underwear
- Hiking socks (wool is best)
- Lightweight camp shoes/sandals (croc's are good)
- Swimsuit
- Bandana or headband

Footwear:

- Hiking boots in **good** condition. Helpful to bring an extra pair of laces

Camping Gear:

- Lightweight tent
- Sleeping bag
- Sleeping pad or inflatable mattress
- Backpack rain cover
- Inflatable pillow or stuff sack filled with clothes
- Headlamp or flashlight with extra batteries
- Backpacking stove and fuel
- Pot, pan, and utensils
- Water purification method (filter or tablets)
- Biodegradable soap for washing dishes

Navigation and Safety:

- Physical map
- Electronic map as additional backup
- Compass or GPS device
- Whistle
- First aid kit (including blister treatment)
- Pocket-knife
- Sunscreen
- Bug spray
- Emergency blanket
- Bear spray

Food and Cooking:

- Dehydrated backpacking meals
- Snacks (trail mix, energy bars, dried fruit, etc)
- Salt and pepper

Created by Joel Thirsk

- Ziplock bags or bear-resistant food storage containers

Water:

- Water bottles (at least 1 liter capacity)
- Water filtration system
- Electrolyte tablets or Gatorade powder
- Water purification tablets

Hygiene:

- Lightweight microfibre towel
- Toothbrush /toothpaste
- Biodegradable soap
- Toilet paper
- Hand sanitizer
- Sunglasses
- Medications if needed

Other random or sometimes optional things:

- Trash bags for garbage
- Duct tape
- ID
- Hiking poles
- Lightweight camp chair or seat
- Tiny journal or pen
- Portable power bank for charging
- Camera

FOR ANY AND ALL HIKES: The 10 Essentials

The 10 Essentials are items that should be brought on any hike, regardless of length, as they can act as life-saving items in the event of an unforeseen emergency.

1. Map, compass, and GPS system. Someone close to you should KNOW your exact hiking plan, and your eta on when you will be back. Have a plan set in place that if they do not hear from you after _____ hours or days, send Search & Rescue.
2. Insulation – dry and warm clothes
3. Hydration – extra water
4. Illumination – flashlight or headlamp
5. First Aid supplies
6. Fire starter – waterproof matches or lighter
7. Nutrition – extra food
8. Emergency shelter (emergency blanket can work for this)
9. Sun protection – sunscreen, hat
10. Repair tools – duct tape and pocket-knife