



# Hiking Packing List

## Clothing

- WICKING T-SHIRT OR LAYER
- WICKING UNDERWEAR / LONG-UNDERWEAR
- SOCKS
- SUN HAT
- BANDANA
- INSULATING HAT (IF COLD WEATHER)
- INSULATING LAYER (IF COLD WEATHER)
- GLOVES (IF COLD WEATHER)
- RAIN JACKET AND PANTS (IF RAINING)

## Skin and Body Protection

- SUN SCREEN
- SPF-RATED LIP BALM
- SUNGLASSES
- PONCHO OR RAIN SHELL
- SPACE BLANKET
- BUG SPRAY

## Navigation

- MAP
- COMPASS

## Food and Hydration

- ENOUGH FOOD FOR THE DAY, PLUS EXTRA
- WATER BOTTLE
- WATER PURIFICATION TABLETS

## Other

- \_\_\_\_\_
- \_\_\_\_\_
- \_\_\_\_\_
- \_\_\_\_\_

## Gear

- BACKPACK
- HIKING BOOTS OR SHOES
- WATERSPORT SANDALS (IF NEEDED)
- BINOCULARS
- TREKKING POLES

## Electronics

- CELL PHONE AND WATERPROOF CASE
- CAMERA AND ACCESSORIES
- GPS
- TWO-WAY RADIOS

## Emergency Supplies

- KNIFE OR MULTI-TOOL
- FIRST-AID KIT
- FIRE STARTING KIT
- HEADLAMP OR FLASHLIGHT
- 2 ITINERARIES: 1 WITH A FRIEND AND 1 UNDER YOUR CAR SEAT

## Toiletries

- TOILET PAPER
- MENSTRUAL PRODUCTS
- TROWEL (IF NEEDED)
- HAND SANITIZER

»» TIP «« CONSIDER THE ROAD TRIP SOUL OUTDOOR SURVIVAL KIT OR FIRE STARTER KIT FOR THE PERFECT POCKET-SIZED EMERGENCY GEAR!

