Ultimate Trekking Packing Checklist

This trekking packing checklist applies mostly to multi-day treks where your sleeping and eating arrangements are taking care of already. If you are camping, then you'll need to add food and camping gear. For a full explanation, check out this article. Links to recommended items & what we use.

Backpacks and Bags

- ☐ Small backpack (**his** and **hers**)
- ☐ Camera bag
- ☐ Dry Sack
- ☐ Backpack rain cover

Trekking Clothes

- ☐ 2-3 **t-shirts** (trekking)
- ☐ 1 t-shirt (for sleeping)
- ☐ 1 Trekking pants (**his** and **hers**)
- ☐ 1 Pajama pants (for sleeping)
- ☐ 1 Long-sleeved light shirt (**his** and **hers**)
- ☐ 3-4 pairs of underwear (**his** and **hers**)
- ☐ 2-3 pairs of **trekking socks**
- ☐ Thermal underwear (consider **silk** or **Polartec**)
- ☐ Sun hat
- ☐ Sunglasses

Outerwear

- ☐ **Fleece** (pullover or zip)
- ☐ **Light windbreaker**
- ☐ Waterproof jacket*
- ☐ **Waterproof pants***
- ☐ Gloves / scarf
- ☐ Winter hat

Shoes

- ☐ Hiking shoes (**his** and **hers**)
- ☐ Flip flops or river shoes

Trekking Gear

- ☐ **Trekking poles***
- ☐ Sleeping bag (if necessary)*
- ☐ **Headlamp**
- ☐ **Quick-Drying Towel**
- ☐ **Silk sleep sack**
- ☐ **Water bottle** or **bladder**
- ☐ Water purification (e.g., **SteriPen** or **drops**)
- ☐ **Leatherman Multi-Tool Device**

Medicines / Health Kit

- ☐ **Bandaids**
- ☐ **Duct tape** or **Compeed** (for blisters)
- ☐ Tylenol/Aspirin/Panadol
- ☐ **Rehydration packets**
- ☐ Fever reduction packet (mix with hot water)
- ☐ Cipro (or similar for stomach)
- ☐ Amoxicillan (or similar antibiotic)
- ☐ Your usual prescriptions

Toiletries

- ☐ Soap and/or wipes
- ☐ Shampoo
- ☐ Anti-bacterial gel
- ☐ **Lip balm with SPF protection**
- ☐ Skin moisturizer
- ☐ Toilet paper
- ☐ **Earplugs**
- ☐ **Sunscreen** (higher the SPF, the better)
- ☐ **Bug spray**

Tech Gear

- ☐ Extra batteries for camera
- ☐ **Battery pack for smartphone**
- ☐ Extra memory cards
- ☐ **Battery chargers** (if electricity)

Snacks

- ☐ Crackers or savory snacks
- ☐ Power bars / Snickers bars / Peanut butter

***Consider renting or buying locally**

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