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
☐ Band aids
☐ Duct tape or Compeed (for blisters)
☐ Tylenol/Aspirin/Panadol
☐ Rehydration packets
☐ Fever reduction packet (mix with hot water)
☐ Cipro (or similar for stomach)
☐ Amoxicillin (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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