

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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