



# Packing Lists for Backcountry Hikers

## Hiking Gear

- o Hiking boots
- o Spare laces
- o Performance socks
- o Field pants
- o Dry-wicking shirt
- o Arm sleeves
- o Hat
- o Hiking poles
- o Water bottles & filters
- o Raincoat
- o Pack rain covers
- o Bug vests
- o Sunscreen
- o Toilet paper & trowel
- o Watch face
- o Camera
- o Whistle
- o Compass
- o Multi-tool
- o Pen flare
- o Duct tape
- o Waterproof matches
- o Emergency blankets
- o Hand sanitizer
- o First aid kit (baking soda, tweezers, bandages, gauze, first aid cream)

## Camping Gear

- o Tent
- o Sleeping pads
- o Sleeping bags
- o Inflatable pillow
- o Rope
- o Plastic shopping bags
- o Plastic garbage bags
- o Camp chairs
- o Flashlight & head lamp
- o Fleece sweater & pants
- o T-shirt
- o Camp socks
- o Spare undies
- o Camp shoes
- o Personal microfiber towels
- o Tooth brushes
- o Tooth paste
- o Needle & thread
- o Playing cards
- o Swimsuits
- o Large towel to share
- o Water shoes
- o Fishing rod & tackle

## Cooking Gear

- o Stove & fuel
- o Plates
- o Mugs
- o Spoons
- o Tea steeper
- o Measuring cup
- o Nesting pots
- o Grill
- o Collapsible sink
- o Camp suds
- o Hand-knit dish cloth
- o Microfiber drying towel

“It’s useful to divide backcountry packing lists into 5 categories: camping gear, hiking gear, cooking gear, organisational gear & food.”