



## The Ultimate Trekking Packing List

*This trekking packing list applies to independent, multi-day hikes where you will be responsible for your own food, shelter, and pretty much everything. If you will be staying in guest houses or hiking with a cook, you can remove items as needed. For a full explanation of items and recommended gear, [see this article](#). Underlined links are to my recommended items.*

### The Big Things

- [Mid-Size Backpack \(eg 45L pack\)](#)
- [Tent](#) or [Shelter](#)
- [Sleeping Bag \(recommended 15 degrees\)](#)
- + Compression Sack
- [Sleeping Pad](#)

### Cooking Gear

- Stove (eg [JetBoil](#) or alcohol stove)
- + Fuel
- Insulated Cup
- Insulated Bowl ([DIY Version](#))
- Plastic Spoon

### Trekking Essentials

- [Hiking Footwear](#)
- Sunglasses
- [Headlamp](#)
- Pack Rain Cover (garbage bag)
- Dry Sack
- [Trekking Poles](#)
- [Water Bottles \(2-3 liters\)](#)
- Water Purification (eg [SteriPen](#) or filter)
- Compass

### Toiletries

- Toothbrush and Toothpaste
- Ear Plugs
- Roll of Toilet Paper in Plastic ZipLock
- [Face Cleaning Wipes](#)
- Small Travel Towel
- Sunscreen
- [Bug Spray](#)
- [Pee Bottle](#) and/or [GoGirl](#)
- [Hand / Face Lotion](#)
- Antibacterial Hand Gel
- Chapstick with SPF Protection

### Trekking Clothes

- [Underwear](#)
- [Trekking Pants](#)
- [Long Sleeve Shirt](#)
- [Down Jacket](#)
- Mid-Weight Jacket (fleece or [merino wool](#))
- [Ultralight Wind Jacket](#)
- Rain Gear
- [Light or Mid-Weight Hiking Socks](#)
- Thick Sleeping Socks or [Down Booties](#)
- [Thermal Underwear](#)
- Midweight Fleece Gloves
- Beanie for the Cold
- [Sun Hat](#)
- [Buff](#) or Balaclava

### Health, First Aid, and Emergency

- [Hand / Foot Warmers](#)
- Normal Prescription Pills
- Ibuprofen Pills
- Band Aids
- [Moleskin](#)
- Cipro and Immodium
- [Emergency water treatment](#)
- Lighter and/or Matches
- [Multitool](#)
- Duct Tape

### Electronics

- Fully Charged Cellphones
- [Camera](#), spare batteries, and camera bag
- [Solar Panel](#) or [Portable Battery Pack](#)
- USB Cables
- [Spot GPS Messenger](#)

### Snacks and Food

- Breakfast for \_\_\_ Days
- Lunch for \_\_\_ Days
- Dinner for \_\_\_ Days
- Snacks for \_\_\_ Days
- Coffee, Tea, Drink Mixes for \_\_\_ Days

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