

# Ultimate Hiking Packing Checklist

*This hiking packing checklist applies mostly to multi-day treks where your sleeping and eating arrangements are taking care of separately. If you are camping, then you'll need to add food and other camping gear. We trek together as a couple, so while some items are unisex others are divided into specific gear for women and men. Linked items allow you to purchase these recommended items through an affiliate link (see Disclosure below).*

For the full list with explanation, check out: [How to Pack For A Trek: The Ultimate Hiking Packing List.](#)

## Backpacks and Bags

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

## Trekking Clothes

- 2-3 quick-dry t-shirts (**his** and **hers**)
- 1 extra t-shirt (for sleeping)
- 1 pair trekking pants (**his** and **hers**)
- 1 pair pajama/yoga 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
- Down jacket, folds into bag (**his** and **hers**)

## Shoes

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

## Trekking Gear

- Trekking poles\*** (travel-friendly)
- Sleeping bag (if necessary)\*
- Headlamp**

- Quick-Drying Towel**
- Silk sleep sack**
- Water bottle** or **bladder**
- Water purification (e.g., **SteriPen** or **sterilization drops**)
- Leatherman Multi-Tool Device**

## Medicines / Health Kit

- Band-aids**
- Duct tape** or **Compeed** (for blisters)
- Tylenol/Aspirin/Panadol
- Rehydration salts & electrolyte packets**
- Fever reduction packet (mix with hot water)
- Azithromycin (or similar for stomach)
- Amoxicillin (or similar antibiotic)
- Your usual prescriptions

## Toiletries

- Soap and/or wipes
- Shampoo (if showers are available)
- 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/memory for camera
- Battery pack for smartphone**
- Solar-powered battery pack**

\* = Consider renting locally to save space

**Disclosure:** Some of the links above are affiliate links. If you purchase something the cost stays the same to you and we receive a small commission. This helps us continue running Uncornered Market and providing information like this for free.