

# HIKING & CAMPING PACKING LIST

## CLOTHING

### Underwear

- Underwear / bras
- Knee support
- Socks – hiking
- Socks – liner
- Long underwear / tights

### Outerwear

- Short-sleeve shirts (wicking)
- Long-sleeve shirts (wicking)
- Shorts\* – hiking
- Pants\* – hiking / zip off
- Rain gear
- Light jacket
- Light gloves
- Headband / hat (for warmth)
- Hat / cap (sun / rain protection)
- Swimwear
- Clothing to wear at camp and / or sleep in (extra shorts, cotton t-shirt, warm shirt or sweater, dry socks)

### Shoes

- Hiking boots / shoes
- Other shoes or sandals (to wear around camp)

## ESSENTIALS

### Personal

- Towel / washcloth
- Small wash basin (if no showers)
- Biodegradable soap (campsuds)
- Anti-bacterial lotion
- Lip balm
- Toothbrush / toothpaste
- Comb / brush
- Ear plugs (if snoring bothers you)
- Meds / vitamins

### For the Trail

- Sunglasses / accessories
- Sunblock
- First aid kit / bandages / tape
- Moleskin
- Bug spray
- Anti-itch ointment
- Eye lubricant
- Toilet paper
- Sunblock

## GEAR

### Personal

- Daypack
- Hydration bladder or bottles
- Trekking poles (optional)

### Sleeping

- Tent / ground cloth
- Sleeping pad
- Sleeping bag
- Pillow

### Eating — Personal

- Food
- Beverages
- Bowl / Mug / Utensils
- Sharp knife
- Energy bars / snacks

### Eating — Group

- Stove
- Fuel bottles
- Cookset / coffee pot
- Matches & lighter
- Large water storage jug(s)
- Paper towels
- Bear bag if necessary

## MISCELLANEOUS

### Personal

- Trail maps
- Compass
- Whistle
- Binoculars (optional)
- Two-way radios (optional)
- Batteries
- Headlight
- Headnet
- Camp chair
- Reading material
- Camera / case
- Film

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### Group

- Tarp
- Candle lantern
- Deck of cards
- Frisbee
- Misc. rope and straps
- Garbage bags
- Ziplocks

\*OUCH! Make sure that there are no buckles or snaps that will be under the belt of your pack

