



Packing Checklist for Hiking and Backpacking

You're off on a walking adventure, so what do you take with you? The details will depend on where you're going, the weather and the terrain, but here is a starting point.

For a day trip

Essential	Nice to have	Bring it is you like and have room	Don't even think about it
<input type="checkbox"/> Small backpack <input type="checkbox"/> Raincoat <input type="checkbox"/> Drink bottle/ water <input type="checkbox"/> Sunhat <input type="checkbox"/> Sun screen <input type="checkbox"/> Sunglasses <input type="checkbox"/> Emergency kit – see below <input type="checkbox"/> Lunch/ snacks <input type="checkbox"/> Warm clothes – at least a wind proof jacket, beanie & gloves <input type="checkbox"/> Map/compass <input type="checkbox"/> Handkerchief <input type="checkbox"/> Good shoes – trainers usually do the job	<input type="checkbox"/> Waterproof trousers <input type="checkbox"/> Comb <input type="checkbox"/> Scroggin, chocolate, sweets <input type="checkbox"/> Camera <input type="checkbox"/> Lip balm <input type="checkbox"/> Pocket knife <input type="checkbox"/> Mobile phone (can be good in an emergency) <input type="checkbox"/> Gaiters (depending on terrain)	<input type="checkbox"/> Moisturiser <input type="checkbox"/> Swim suit/ small towel if swimming is a possibility <input type="checkbox"/> Small binoculars <input type="checkbox"/> Thermos with tea or micro camp stove <input type="checkbox"/> Cup <input type="checkbox"/> Small mat to sit on	<input type="checkbox"/> Makeup & hairspray <input type="checkbox"/> Camera zoom lens <input type="checkbox"/> Jewellery and other valuables <input type="checkbox"/> Jeans – they are heavy and horrible when wet

Multi-day trips

For multiday trips bring the essentials and nice to haves above plus...

Essential	Nice to have	Bring it is you like and have room	Don't even think about it
<input type="checkbox"/> Tent (even if there are cabins you may get stuck) <input type="checkbox"/> Sleeping bag <input type="checkbox"/> Sleeping mat <input type="checkbox"/> Torch (preferably a head torch) <input type="checkbox"/> Food for dinners, breakfasts, snacks as well as lunch <input type="checkbox"/> Cup, spoon <input type="checkbox"/> Spare clothes, especially shirts and underwear <input type="checkbox"/> Deodorant (some may suggest this is a nice to have but just remember tents are small and confined) <input type="checkbox"/> Space plastic bags for rubbish or wet/dirty items <input type="checkbox"/> Water filter/purification tablets <input type="checkbox"/> Toilet paper/plastic shovel <input type="checkbox"/> Toothbrush/small amount of toothpaste <input type="checkbox"/> Any essential toiletries eg contact lens liquid, glasses	<input type="checkbox"/> Face washer <input type="checkbox"/> Camp stove <input type="checkbox"/> Bowl, plate, fork <input type="checkbox"/> Extra water containers (preferably collapsible) <input type="checkbox"/> Small matt to sit on/ folding on-ground camp chair <input type="checkbox"/> ePerb (may be essential in some paces) <input type="checkbox"/> small notepad/ pencil <input type="checkbox"/> Biodegradeable soap <input type="checkbox"/> Spare socks <input type="checkbox"/> Insect repellent	<input type="checkbox"/> Harmonica <input type="checkbox"/> Blow up/ small pillow <input type="checkbox"/> Spare torch batteries <input type="checkbox"/> Small amount of alcohol for the first night <input type="checkbox"/> Camp slippers <input type="checkbox"/> Small paperback book <input type="checkbox"/> Battery pack for phone <input type="checkbox"/> Small pack of cards	<input type="checkbox"/> Guitar (don't laugh – it has been done) <input type="checkbox"/> Proper pillow <input type="checkbox"/> Extra toiletries <input type="checkbox"/> Enough alcohol to get sloshed every night of the walk (it's too heavy to carry) <input type="checkbox"/> Complicated food to cook (keep it simple) <input type="checkbox"/> Crockery <input type="checkbox"/> Boombox <input type="checkbox"/> Portable DVD player <input type="checkbox"/> Hardback books (bring a small paperback) <input type="checkbox"/> Guidebooks – carry just the information you need <input type="checkbox"/> Gun or Axe <input type="checkbox"/> Bulky towel <input type="checkbox"/> Potatoes to cook <input type="checkbox"/> Wood for campfire <input type="checkbox"/> Detergent (can affect environment)



Try and keep things as light as possible by only taking the amount you will probably need eg of toothpaste, sunscreen and other consumables.

Emergency kit – don't leave home without it

Essential	Nice to have	Bring it if you like and have room	Don't even think about it
<input type="checkbox"/> Safety matches – in plastic bag to keep dry <input type="checkbox"/> "Space" blanket <input type="checkbox"/> Sticking pasters <input type="checkbox"/> Compression bandage(s) <input type="checkbox"/> Antiseptic <input type="checkbox"/> Needle (for splinters) <input type="checkbox"/> Sterile wound dressing, various sizes <input type="checkbox"/> Panadol or similar <input type="checkbox"/> Sticking plaster <input type="checkbox"/> Whistle <input type="checkbox"/> Salt (for leeches) <input type="checkbox"/> Anything essential for specific medical conditions eg asthma	<input type="checkbox"/> Duct tape (fixes a lot of things) <input type="checkbox"/> Sanitary pad or two <input type="checkbox"/> Tissues/ emergency toilet paper <input type="checkbox"/> Spare strong/ thin rope <input type="checkbox"/> Small sewing kit <input type="checkbox"/> Small mirror – can be used for signalling as well as potential beauty emergencies <input type="checkbox"/> Blister dressings	<input type="checkbox"/> Spare elastic (emergency hair tie or similar)	<p>Try not to pack too many things for the "what if" type scenarios, but there are a few small things that should be taken on any longer hike, and most of them can be used for multiple "what ifs".</p>