



Packing List for Hikes

Prepare for your next adventure with our comprehensive packing lists. Whether you are planning a day hike, a lodge-based trip, or a multi-day backpacking adventure, we've got you covered!

Day Hiking Essentials

- Lightweight backpack (20-30 liters)
- Water bottle or hydration pack
- Snacks (energy bars, nuts, etc.)
- Map and compass/GPS
- Sunscreen and hat
- Small first-aid kit
- Multi-tool or knife
- Lightweight rain jacket
- Camera or smartphone

Lodge-Based Hiking Trip Essentials

- Daypack (20-30 liters)
- Reusable water bottle or hydration system
- Multiple layers (base, mid, outer)
- Sunscreen, hat, and sunglasses
- Hiking poles
- First-aid kit
- Personal medications
- Camera or smartphone with charger
- Book or journal



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Backpacking Trip Essentials

- Backpack (40-70 liters, depending on duration)
- Lightweight tent or shelter
- Sleeping bag (appropriate for season)
- Sleeping pad
- Backpacking stove and fuel
- Cookware and utensils
- Food (freeze-dried meals, snacks)
- Water filter or purification tablets
- Extra clothing layers
- Comprehensive first-aid kit
- Map, compass, or GPS device
- Headlamp or flashlight with extra batteries