



# Backpacking PACKING LIST

- Navigation: Map and compass
- Headlamp/flashlight
- Sun protection: Suncream, cap and long sleeved clothes
- First Aid: Inc blisters treatment, fluid replacement, painkillers and personal meds
- Knife or multitool
- Shelter: Space blanket, tent or tarp
- Clothing: Layer principle inc rainjacket and pants. Boots, underwear and socks
- Hydration: Water bladder, bottle and filtration if necessary
- Nutrition: Food and plenty of snacks
- Fire starter: Matches or lighter
- Electronics: Phone, charger, camera and batteries
- Raincover to the backpack
- Sleeping system: Sleeping bag or quilt, sleeping pad and pillow
- Towel: Depending on duration of the trail and conditions
- Hiking poles if using

