

## 18 HIKING ESSENTIALS

### *packing checklist*



Hiking is one of our greatest passions, and we love that it is a hobby for people of all ages and experience levels. Whether you're new to hiking or you've logged many miles in your hiking boots, we hope this list is a handy reminder of what you need to bring with you.

We're sharing our personal hiking "must-pack" list (+ some of our favorite tried-and-true brands) with you so you're always prepared and confident on your outdoor adventures.

*DISCLOSURE: This packing list contains affiliate links. Read our [disclosure policy](#) for details.*

### ESSENTIALS

These items should be packed on **every hike**, no matter the distance or difficulty.

#### 1. NAVIGATION

On any hike, you'll need a plan for navigation: paper map, cell phone app, GPS device, or compass. The method depends on the type of hike & your personal preference.



#### 2. WATER

Bring more water than you expect to drink!

*Tip: We secure our water bottles to our backpack with carabiners. On long hikes we use a Camelbak.*

→ [SEE OUR FAVORITE](#)

#### 3. BACKPACK

A comfortable & supportive hiking backpack is a game-changer!

→ [SEE OUR FAVORITE](#)

#### 4. SUN PROTECTION

Always bring sun protection: sun glasses, sunscreen, light layers and/or a hat.



#### 5. LAYERS

Never go hiking without extra layers so you can stay comfortable and protected. Bring more than you think is necessary!



#### 6. FIRST AID KIT

Hikers should always carry a small kit with band-aids, ace bandage, antiseptic, etc. For long hikes, a bigger kit is recommended.

→ [SEE OUR FAVORITE](#)

#### 7. HEADLAMP

Even if you're not planning to be on the trail past dark, unexpected things happen & it's smart to be prepared with a headlamp (+ extra batteries if necessary).

→ [SEE OUR FAVORITE](#)

#### 8. SNACKS

Pack snacks that will sustain your energy. On long hikes, bring more than you think you'll actually need (in case of emergency).

→ [OUR TOP SNACKS!](#)





**IMPORTANT:** This list is specifically created for day hikes (not overnight or multi-day hikes). Send us an email if you'd be interested in a multi-day hike packing list, and we'll see what we can do!

## EXTRAS

This is a list of **additional items** that may be good to pack, depending on the type of hike.

### 9. WATER STERILIZING SYSTEM

On long hikes, bring something with which you can purify water from a stream or lake.

→ [SEE OUR FAVORITE](#)

### 10. BUG REPELLENT

Depending on the season and where you're hiking, you may need bug repellent. We always prefer natural products in this department.

### 11. POWER BANK

A power bank will charge any devices that start to die: phone, USB headlamp, camera, etc. (Be sure the power bank is fully-charged itself!)

→ [SEE OUR FAVORITE](#)

### 12. CAMERA

If you like photography, be sure to pack your camera (+ extra batteries and plenty of SD storage space!)

### 13. MULTI-TOOL

A knife / multi-tool is small but very handy in many ways: cutting an apple, dressing wounds, opening bottles, emergency situations, etc.

→ [SEE OUR FAVORITE](#)

### 14. RAIN GEAR

A packable rain jacket is smart to bring no matter the weather (it can be unpredictable!). If rain is in the forecast, we also bring a dry bag to keep our valuables safe.

### 15. LIGHTER

This tiny item won't take up much space, but it can be very useful in case of emergency and you need to build a fire.

### 16. TOILET PAPER

On long hikes with no bathroom facilities, bring TP and a small bag in which to pack it out. You may also need to pack a shovel to dig a hole when going #2.

### 17. BUFF

Small yet versatile, a buff is good for keeping dust out of your face, holding hair back, absorbing sweat, keeping your neck warm, or using as a towel.

→ [SEE OUR FAVORITE](#)

### 18. TRASH BAG

We always carry a bag for collecting trash (our own & litter we find on trails). Use any bag: one you find on the ground, a bread bag, a reusable bag, etc.

### BONUS: optional / fun items!

- hiking poles (personal preference / depends on hike)
- wine/beer & bottle opener (only if alcohol isn't banned in the area in which you're hiking)
- collapsible cups & utensil set (for a picnic)
- small notebook, pen, deck of cards
- hand sanitizer
- sarong / lightweight towel (for picnicking, drying off after a swim, making shade, etc.)
- bear spray, bells, canister (for hiking in bear country)



*psst* Check out more of [our favorite outdoor gear here!](#)