

# HIKING ESSENTIALS



**ADVENTUREABROAD**

A CHECKLIST OF ESSENTIAL HIKING ITEMS



# BACKPACKING CHECKLIST

## THE TEN ESSENTIALS

### 1. Navigation

- Map (with protective case)
- Compass
- GPS (optional)
- Altimeter (optional)



### 2. Sun Protection

- Sunscreen
- Lip balm
- Sunglasses

### 3. Insulation

- Jacket, vest, pants, gloves, hat (see clothing)

### 4. Lights

- Headlamp or flashlight
- Extra batteries

### 5. First-Aid Supplies

- First-aid kit

### 6. Fire

- Matches or lighter
- Waterproof container
- Fire starter kite

### 7. Repair Kit

- Knife or multitool
- Repair kit

### 8. Nutrition

- Extra food supplies

### 9. Hydration

- Water bottles
- Water filter and treatment tablets

### 10. Emergency Shelter

- Tent, tarp or reflective blanket

# CHECKLIST

## BEYOND THE 10 ESSENTIALS

- Backpack
- Day pack
- Pack waterproof cover
- Tent
- Poles
- Sleeping bag
- Waterproof stuff sack
- Sleeping mattress
- Energy food and bars
- Energy drinks
- Stove
- Cooking set
- Utensils
- Dishes or bowls
- Backup water treatments
- Whistle
- Nylon Cord



## CLOTHING

- Underwear
- Wicking t-shirt
- Quick dry pants
- Long-sleeve shirt
- Sun hat
- Bandana
- Wicking long-sleeve
- Sleepwear
- Balaclava
- Gloves or mittens
- Waterproof jacket
- Fleece jacket and vest



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LUXURY | PREMIUM | EXCLUSIVE

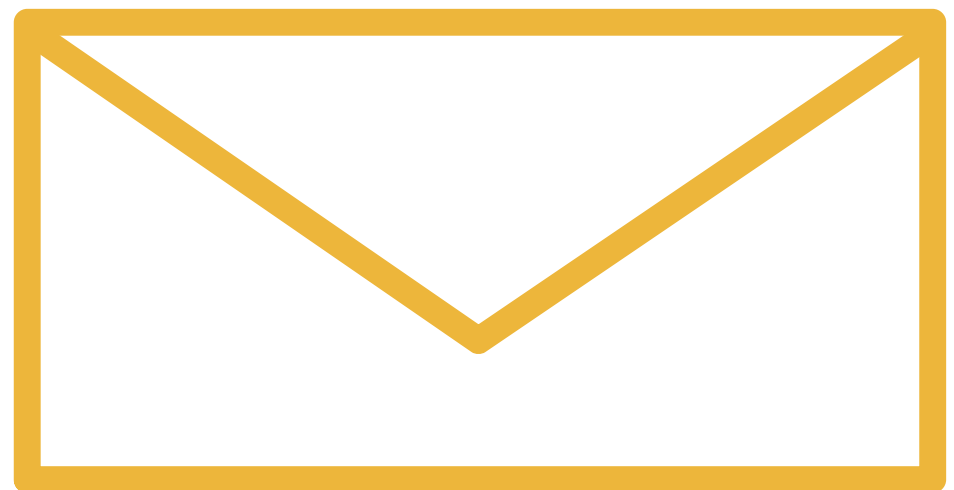
ADVENTURE TRAVEL

## Footwear and Personal Items

- Hiking boots
- Socks (pack spares)
- Gaiters
- Sandals
- Camera
- Binoculars
- Permits
- Guidebook
- Cash and credit card
- Toilet paper
- Towel
- Hand sanitiser
- Insect repellent
- Biodegradable soap
- Phone
- Snacks
- Trip itinerary
- Earplugs



**1300 219 323**



**[info@adventureabroad.com.au](mailto:info@adventureabroad.com.au)**

