

## Hiking/ Backpacking Equipment List.

### The Ten Essentials for hiking.

1. NAVIGATION: Map, Compass, possibly a GPS (optional)
2. HYDRATION: Water, Container, and either Filter or other treatment method – consider 2-3 liters of water per day hike.
3. NUTRITION: Food and extra food
4. SUN PROTECTION: Sunscreen, Sunglasses, Hat, Lip balm with SPF
5. INSULATION: Hat and Gloves, Lightweight Jacket, Extra layers – **No Cotton preferably.**
6. FIRE/WARMTH: Lighter or Matches, Fire starter or Stove and Fuel
7. ILLUMINATION: Headlamp or Flashlight, with Extra Batteries and bulbs.
8. FIRST AID: (For You) Bandages, OCT medicines, Duct tape, Blister material (**mole skin, blistoban, etc.**) Safety pins and any other personal items.
9. SHELTER: Emergency Blanket or Shelter in case you are out longer than expected.
10. REPAIR KIT / TOOLS: Knife/Multi tool, Duct tape, Zip ties, Shoelaces, Safety pins, Plastic buckles, Straps, and parts for equipment such as tent, stove etc.,

Some lists have included an 11th essential. COMMUNICATION: Two way radios, Cell phone, and other devices can help get you out of trouble. If nothing else a **good loud Signal Whistle** can be heard much farther than any person can yell for help.

### Other items.

Comfortable Supportive Boots  
Gaiters (optional)  
Trekking Poles (optional)  
Mosquito Repellant

### Clothes- some more detail.

Layered Clothing - **No Cotton**

Use thin layers of non-cotton, micro fleece or wool clothing e.g. tee-shirt, long-sleeved shirts and thin micro fleece tops that can be removed/added as you warm up/cool down. Nylon shorts and/or zip-off pants.

Long-sleeved thermal underwear and pants that can be used for sleeping in. Include a pair of extra socks and liners.

Knit/fleece hat for warmth.

Gloves.

Bandana.

Fleece or wool jacket (when camping a down jacket for the evening and early morning would be good if available)

Rain jacket and pants.

### **Food**

Lunch, dinner, breakfast and snacks (always include some extra “emergency” food.) Always keep in mind the weight of your food and remove any unnecessary packaging before packing. Check out the *Mountain House* backpacking dinners/breakfasts. They can be found in Fred Meyer and Bi-Mart camping sections as well as at REI (more expensive here) or other camping stores. It’s always a good idea to try out the brands before you use them backpacking to make sure you actually like the taste. It’s very important to make sure you bring food you really enjoy eating.

Other personal items as needed e.g. toiletries, toilet paper, wet wipes (small plastic bag for carrying out soiled paper, remember “leave no trace!”)

### **Camping Equipment**

Tent

Sleeping mat

Sleeping bag – appropriate for fall temperatures.

Camp stove and fuel

Cooking utensils if needed e.g. pan, bowl, cup, fork

Water purification system e.g. filtration system, sterilization pin, tablets or iodine.