

# Ultimate Trekking Packing Checklist

*This trekking packing checklist applies mostly to multi-day treks where your sleeping and eating arrangements are taking care of already. If you are camping, then you'll need to add food and camping gear. For a full explanation, check out [this article](#). Links to recommended items & what we use.*

## Backpacks and Bags

- Small backpack
- [Camera bag](#)
- [Dry Sack](#)
- [Backpack rain cover](#)

## Trekking Clothes

- 2-3 t-shirts (trekking)
- 1 t-shirt (for sleeping)
- 1 Trekking pants ([M](#) / [W](#))
- 1 Pajama pants (for sleeping)
- 1 Long-sleeved light shirt ([M](#) / [W](#))
- 3-4 pairs of underwear ([M](#) / [W](#))
- 2-3 pairs of trekking socks ([M/W](#))
- Thermal underwear (consider silk or Polartec) ([M](#) / [W](#))
- Turtleneck of [Zipped pullover](#)
- Sun hat
- Sunglasses

## Outerwear

- Fleece (pullover or zip) ([M](#) / [W](#))
- [Light windbreaker](#)
- Waterproof jacket\*
- Waterproof pants\*
- Gloves / scarf
- Winter hat

## Shoes

- Hiking shoes ([M](#) / [W](#))
- Flip flops or river shoes ([M](#) / [W](#))

## Trekking Gear

- Trekking poles\*
- Sleeping bag (if necessary)\*
- [Headlamp](#)
- [Quick-Drying Towel](#)
- [Silk sleep sack](#)
- [Water bottle or bladder](#)

- Water purification (e.g., [SteriPen](#) or tablets)

## Medicines / Health Kit

- Band-aids
- Duct tape (for blisters)
- Tylenol/Aspirin/Panadol
- Rehydration packets
- Fever reduction packet (mix with hot water)
- Cipro (or similar for stomach)
- Amoxicillin (or similar antibiotic)
- Your usual prescriptions

## Toiletries

- Soap and/or wipes
- Shampoo
- Anti-bacterial gel
- Lip balm with SPF protection
- Skin moisturizer
- Toilet paper
- [Earplugs](#)

## Tech Gear

- Extra batteries for camera and electronic gear
- [Battery pack for smartphone](#)
- Extra memory cards
- Battery chargers (if electricity)

## Snacks

- Crackers or savory snacks
- Power bars / Snickers bars / Peanut butter

## Packing List Key

M = Men's option, W = Women's option

**\*Consider renting or buying locally**