

TREKKING PACKING LIST



DESTINATION: _____

DATE: _____

PACK & SLEEPING

- BACKPACK
- PACKABLE BAG
- PACKING CUBES
- TENT
- SLEEPING BAG & LINER
- SLEEPING PAD & PILLOW
- EYE MASK AND EAR PLUGS

LIFELINES

- WATER FILTER & PURIFICATION
- WATER RESERVOIR
- HEADTORCH
- GPS/SAT COM
- FIRST AID KIT & REPAIR KIT
- BEAR SPRAY
- NAVIGATION

FOOTWEAR & HARDWARE

- TREKKING FOOTWEAR
- CAMP/HUT SHOES
- TREKKING POLES
- CRAMPONS

LAYERING SYSTEM

- BASE LAYERS
- ACTIVE INSULATION
- DOWN INSULATION
- HARDSHELL JACKET
- TREKKING TROUSERS
- TREKKING SOCKS
- CAMP SOCKS
- HEADWEAR
- GLOVES & BUFF

TECH & LOGISTICS

- BOOK & JOURNAL
- PHONE
- CAMERA
- POWERBANK & CABLES
- ID, DOCS, PERMITS AND PASSES
- SUNGLASSES
- MONEY / CASH

CAMP KITCHEN & FUEL

- STOVE SYSTEM
- TITANIUM MUG
- LIGHTER/MATCHES
- CUTLERY/BOWL
- TRAIL SNACKS AND MEALS
- BEAR VAULT/CANISTER

TOILETRIES

- TOOTHBRUSH & PASTE
- BIO SOAP / HAND SANITISER
- SUNCREAM & LIP BALM
- TROWEL / WAGS BAGS
- MICROFIBRE TOWEL

BACKPACKER'S MENTALITY VALUES

- MINIMALISM: TAKE LESS, EXPERIENCE MORE. EVERY ITEM IN YOUR PACK IS A DECISION
- FREEDOM: THE BEST ROUTES ARE THE ONES YOU DESIGN.
- DEEP EXPLORATION: THE TRAILS WORTH TAKING RARELY APPEAR FIRST ON GOOGLE. GO FURTHER.
- ADAPTABILITY: WEATHER CHANGES, PLANS SHIFT, TREKKERS ADAPT AND GO ANYWAY.