



Packing list for hiking

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I take about the same amount of gear on a 2 day hike as a 3 week hike, with the exception of food and consumables like gas and toothpaste.

I only recommend gear I know and love. Some links are affiliate links, by using these links you help support my channel at no extra cost to you. Thanks. For a full list of my gear [click here](#).

Shelter

- [Tent](#) or [tarp](#)
- [Hiking Poles](#) (x2)
- [Pegs assorted types](#)

Sleep systems

- [Sleeping bag/quilt](#)
- [Sleeping mat](#)
- [Pillow](#)
- [Compression sack](#)
- Ground sheet (if tarp camping)

Other items

- [Backpack](#)
- [Internal pack liner](#) (eg garbage bag)
- [Sit pad](#)
- [Waist pouch](#)/bum bag

Water treatment ([my method](#))

- [Water Filter/Tablets](#) (& [connector](#))
- [Water Bladder](#) 3L (clean)
- [Water Bladder](#) 3L (dirty)
- [Water bottles](#) x 1-2

Cooking

- [Stove](#) ([windshield](#) if required)
- Lighters/matches
- Gas (or fuel)
- [Pot](#) (including lid and handle)
- [Mug](#)/bowl
- [Spoon](#) (spork)
- [Sponge](#) /[Cleaning](#)
- [Knife](#)

Personal Gear (decant into small [containers](#))

- [Trowel](#)
- [Toilet paper](#)
- [Hand sanitizer](#)
- [Bamboo toothbrush](#)
- [Toothpaste tablets](#)
- [Mosquito repellent](#)
- [Sunscreen](#)
- [Face cream](#)
- Deodorant
- [Small towel](#) /face cloth
- Personal medications
- [Ziplock bags](#)

Safety Gear

- [First aid kit](#)
- [Snake bandages](#)
- [Headlamp](#)
- [Emergency beacon](#)
- [Compass](#) (and map)
- Digital maps loaded to device
- Spare batteries
- [Rope](#) (for pack lowering)

Clothing Worn

- [Hat](#)
- [Sun glasses](#)
- [Shirt](#) (+1 more if long trip)
- [Pants](#)
- [Jumper](#)
- [Underwear](#) (+2 if long trip)
- [Socks](#) (+2 if long trip)
- [Gaiters](#)
- [Trail running shoes](#)

Clothing in pack

- [Down Jacket](#)
- [Rain coat](#) (pants or [skirt](#))
- [Beanie](#) (if cold)
- [Neck/face Buff](#) (if cold)
- [Gloves](#) (if cold or prickly veg)
- [Thermal top](#) (or [t-shirt](#) if hot)
- [Thermal Bottom](#) (or [shorts](#) if hot)

Discount to my community

- [Radix](#) 10% Discount Code KATEHIKE
- [Ultralight hiker](#) 10% code KATEGRAROCK
- [Blue Dinosaur Bars](#) 15% off KATE15
- [Laughing Pug Coffee](#) 10% code KATE10
- [On Track Meals](#) 10% code welcome-10

Technology

- [Power Bank](#)
- [Camera](#)
- Phone
- [Tripod](#)
- Charge cables
- [Ziplock](#) bags to protect from rain

Food

Aim for 500-700g/day 2500+calories

350 calories per 100g foods are epic

2 day trip

- 1 breakfast
- 2 lunch
- 1 dinner

3 day trip

- 2 breakfast
- 3 lunch
- 2 dinner

Food suggestions ([dehydrate your own](#))

- [Radix](#) dehydrated meals
- [STRIVE food](#) dehydrated
- [On Track Meals](#) not dehydrated
- [Blue Dinosaur bars](#) (epic cal/weight)
- Coffee ([drip filter](#))
- [Milk powder](#) (epic cal/weight)
- [Dried fruit](#) (epic cal/weight)
- [Mixed nuts](#) (epic cal/weight)
- [Fruit straps](#) (epic cal/weight)
- [Wallaby's Bites](#) (epic cal/weight)
- [Mash potato](#)
- [Macadamia Muesli](#) (epic cal/weight)
- [Electrolyte](#)