

## Hiking set-up

- Backpack
- Pack rain cover
- Trekking poles

## Navigation system

- Phone
- Alternative: map + compass*

## Cooking and food

- Stove
- Fuel
- Lighter
- Cookset
- Spork
- Sponge
- Drysack
- Water bottle
- Water filtration system
- Purification drops or tablets

## Sleeping

- Sleeping bag
- Sleeping pad
- Small pillow (optional)

## Sheltering

- Tent (incl. stakes + guy lines)
- Alternative: tarp*

## Hygiene and medical care

- Soap
- Toothbrush + toothpaste
- Sanitation towel
- Toilet paper
- Prescription medication
- Zip-up pouch
- Adventurer's medical kit



## Clothing

- Hiking Boots
- Synthetic or wool t-shirt
- Hiking pants/shorts
- Synthetic or wool underwear
- Synthetic or wool socks
- Hat (for sun protection)
- Sleeping underwear
- Warm hat/cap
- Warm mid-layer
- Waterproof jacket
- Waterproof pants
- Gloves

## Miscellaneous

- Microlight
- Sunscreen
- Sunglasses
- Cash
- Credit card
- Knife
- Needle and thread
- Camera
- Journal + pen

## Notes:

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## Contact:

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