



# EM'S ULTIMATE HIKING TRIP PACKING LIST

## Trip Details

Date:  
Destination:  
# of days:

### PERSONAL GEAR

|                    |              |                  |               |
|--------------------|--------------|------------------|---------------|
| SLEEPING BAG       | HEADLAMP     | MULTITOOL/KNIFE  | DUCT TAPE     |
| SLEEPING BAG LINER | SUNGLASSES   | EARPLUGS/EYEMASK | BOOK/E-READER |
| SLEEPING PAD       | WATER BOTTLE | HIKING BOOTS     | CASH          |
| PILLOW             | TOWEL        | CAMP SHOES       |               |
| DRY BAGS           | SEAT/CHAIR   | PORTABLE BATTERY |               |

### CLOTHING

|               |                |                |            |
|---------------|----------------|----------------|------------|
| UNDERWEAR     | LONG UNDERWEAR | BUG NET/JACKET | TOQUE/BUFF |
| SOCKS x #     | PANTS x #      | RAIN JACKET    | MITTS      |
| BRAS x #      | SHORTS x #     | RAIN PANTS     |            |
| T-SHIRTS x #  | PAJAMAS        | PUFFY JACKET   |            |
| LS SHIRTS x # | BATHING SUIT   | SUN HAT        |            |

### TOILETRIES

|            |           |                   |  |
|------------|-----------|-------------------|--|
| MEDICATION | SUNSCREEN | SANITARY PRODUCTS |  |
| TOOTHPASTE | BUGSPRAY  | WET WIPES         |  |
| TOOTHBRUSH | LIPCHAP   | TOILET PAPER      |  |
| HAIRBRUSH  | SKINCARE  | HAND SANITIZER    |  |

### GROUP GEAR

|                  |               |             |                |
|------------------|---------------|-------------|----------------|
| TENT             | CLOTHESLINE   | FIRE MITT   | GAMES/CARDS    |
| WATER FILTER     | CARABINERS    | LIGHTER     | MAP            |
| STOVE            | ROPES/TETHERS | FIRESTARTER | FIRST AID KIT* |
| POTS             | PULLEY        | AXE/SAW     | BEAR SPRAY     |
| COOKING UTENSILS | SAT PHONE/GPS | WORK GLOVES |                |

### KITCHENWARE

|            |               |  |  |
|------------|---------------|--|--|
| UTENSILS   | MUG           |  |  |
| PLATE/BOWL | SOAP & SPONGE |  |  |

### HIKING GEAR




















|                 |              |  |  |
|-----------------|--------------|--|--|
| BACKPACK        | GAITORS      |  |  |
| PACK RAIN COVER | HIKING POLES |  |  |

#### Notes on clothing and packing for a hiking trip:

- It's essential to pack strategically, placing frequently used items within easy reach and distributing weight evenly throughout your pack. Keep items in designated pockets or compartments to remember their location easily, minimizing the time spent rummaging through your pack.
- Use compression sacks to maximize the available space in your backpack. Divide items into categories, such as clothing, sleeping gear, and food, and pack them into separate sacks. Consider using color-coded stuff sacks or labels to further streamline organization. Store items that need to stay dry, such as clothing and sleeping gear, in waterproof compression sacks to protect them from moisture.
- Prioritize lightweight, quick-drying clothing for optimal comfort. A quick-dry long sleeve shirt is a bonus to protect against the sun and bugs. Natural fibers – such as merino wool – offer excellent moisture-wicking properties and are naturally antibacterial, reducing odors during extended hikes.
- Bring items that serve multiple purposes to keep your load light. Choose versatile clothing pieces that can be layered for warmth or removed as needed. Amount of clothing to bring is a personal preference. See an example packing list on the next page.
- Check the weather before you go and look at the expected temperature highs and lows. It's important to tailor your clothes to the seasons and weather.

Amount of clothes to bring on a trip is personal preference and will change with the weather and duration. See below an example packing list of what I typically bring on a 4-day trip in the Spring.

### EXAMPLE PACKING LIST (4 DAY TRIP)

|  | Day 1   | Day 2   | Day 3  | Day 4   |
|--|---|---|--|---|
| <b>Underwear &amp; socks</b>                                     |  |  |   |  |
|  |  |   |  |  |
| <b>Paddling Clothes</b><br><i>(adjust to the weather, layer)</i> |  |   |  |  |
|  |   |  |   |   |
| <b>Outerwear</b>   |   |  |   |  |
| <b>Camp Clothes</b><br><i>(keep dry)</i>                         |   |  |   |    |
|  |   |   |  |  |

#### 12 wilderness first aid and safety essentials to pack – Canadian Red Cross (2024)

- Knife
- Fire making supplies
- Whistle
- Navigation aids
- Sun protection
- Insect protection
- First aid kit\*
- Emergency food and water
- Emergency clothing
- Light
- Shelter
- Mobile phone

### FOOD PLANNING

|                          | Day 1 | Day 2 | Day 3 | Day 4 | Day 5 |
|--------------------------|-------|-------|-------|-------|-------|
| <b>Breakfast</b>         |       |       |       |       |       |
| <b>Lunch</b>             |       |       |       |       |       |
| <b>Dinner</b>            |       |       |       |       |       |
| <b>Dessert</b>           |       |       |       |       |       |
| <b>Snacks</b>            |       |       |       |       |       |
| <b>Emergency meal(s)</b> |       |       |       |       |       |

\* First Aid Kit contents recommendations: [Canadian Red Cross](#) or [The Hiking Life](#)