

# BACKPACKING GEAR LIST

While this list is a good starting point, you should always research the trail and determine what gear is needed based on terrain and season. If you'd like to see my gear lists and get more in depth information, visit my website at [nattyhiker.com](https://nattyhiker.com)

SHELTER /PACK / SLEEP SYSTEM	
X	ITEM
	Ultralight Tent
	Tent Stakes
	Tent Footprint
	Sleeping Bag or Quilt
	Sleeping Bag Liner
	Inflatable Sleep Pad
	Sit Pad/Foam Pad
	Pillow
	Pump Sack
	Pack
	Pack Liner
	Pack Rain Cover
	Water Bottle Strap Pouch
	Strap Pouch
	Compression Sack (for bag/quilt)

CLOTHES	
X	ITEM
	Pants
	Hiking Shirt
	Base layer Top
	Base layer Bottom
	Sleep Clothes
	Sleep Socks
	Underwear
	Socks
	Sock Liners
	Sports Bra
	Hiking Shoes
	Camp Shoes
	Puffy
	Rain / Wind Jacket
	Rain / Wind Pants
	Fleece (Mid-Layer)
	Beanie
	Gloves
	Rain Mitts
	Gaiters
	Baseball Cap
	Buff
	Compression Socks

COOKING / WATER FILTRATION	
X	ITEM
	Stove
	Pot
	Long Handle Spoon or Spork
	Collapsible Cup
	Gas Canister
	Lighter
	Food Pouch
	Bear Bag or Bear Can
	Odor Proof Bag
	Sawyer Squeeze (water filter)
	Dirty Water Bag (CNOC 2L)
	Kitchen Towel
	1L Smart Water Bottles or a Bladder
	Extra Sports Cap Flip top

FIRST AID / MEDICAL	
X	ITEM
	Prescription Meds
	Band-Aids
	Aleve
	Aspirin
	Pepto
	Benadryl
	Leukotape
	Quick Clot
	Safety Pins
	Alcohol Wipes
	Antibiotic Ointment
	Desitin Ointment
	Ace Bandage
	Tick Key
	Bug Spray
	Dry Bag
	Cork Ball

REPAIR KIT	
X	ITEM
	Sawyer Squeeze O Ring
	Tent Pole Repair Sleeve
	Needle & Thread
	Pad/Tent/Bag Repair Patches
	Duct Tape
	Multi Tool

HYGIENE / COMFORT	
X	ITEM
	Toothbrush
	Toothpaste
	Hand Sanitizer
	Poop Scoop
	Bidet
	Hairbrush & Mirror
	Baby Wipes
	Sunscreen
	Lotion
	Soap
	Chapstick
	Q-Tips
	Eye Drops
	Hair Tie
	Ear Plugs
	Tweezers
	Nail Clippers
	Nail File
	Floss
	Foot Powder
	Towel
	Toilet Paper
	Body Glide
	FUD
	Feminine Hygiene Products

EMERGENCY / NAVIGATION	
X	ITEM
	Satellite Communicator / GPS
	Compass
	Paper Map
	Whistle
	Trail Guide Book
	FarOut App
	Waterproof Matches
	Laminated Emergency Contact Numbers
	SOL Emergency BIVY
	Fire Starter / Fire Plugs



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Bridget is the author/writer behind Nutty Hiker Adventures. She is also a Mom to 4, Military Spouse, Avid Backpacker, Blogger, Journalist, and Professional landscape & wildlife photographer.