



# Travel Checklist

for Hiking or Trekking Trip

## Clothing and Footwear

- Breathable thermal pants
- Fleece or wool sweaters
- Waterproof jacket and pants
- Hiking boots or shoes
- Moisture-wicking socks
- Hat, gloves, scarf
- Sunhat and sunglasses
- Gear and Equipment
- Weather-resistant backpack
- Sleeping bag
- Sleeping pad
- Lightweight tent
- Portable stove and fuel
- Map, compass, GPS device
- Headlamp or flashlight

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## Health and Hygiene

- First aid kit
- Sunscreen and lip balm with SPF
- Insect repellent
- Biodegradable soap
- Toothbrush and toothpaste
- Hand sanitizer and wet wipes

## Food and Water

- Hydration system or water bottles
- Water purification tablets or filter
- High-energy snacks and meals
- Electrolytes

## Miscellaneous

- Trash bags
- Repair kit (duct tape, multi-tool)
- Emergency items (whistle, emergency blanket)
- Camera, notebook, or book

## Documents and Money

- ID and passport
- Permits
- Cash and credit/debit cards
- Emergency contacts and itinerary information



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