



## 7-Day Hiking Trip Packing List

This works for multi-day hiking trips, hut-to-hut treks, or lodge-based hiking holidays. Adjust based on climate and whether you're camping.

### Clothing

#### Hiking Clothes

- 3–4 moisture-wicking shirts
- 2 hiking pants/leggings
- 1 pair of shorts
- 1 fleece or mid-layer
- 1 lightweight puffer/down jacket
- Waterproof rain jacket
- Waterproof pants (optional but smart)
- 5–7 pairs hiking socks
- Underwear
- Sports bras (if needed)
- Sleepwear

#### Footwear

- Hiking boots or trail shoes
- Camp shoes/sandals
- Gaiters (optional)

### Hiking Gear

- Backpack/daypack
- Hiking poles
- Hydration pack or water bottles
- Headlamp
- Dry bags or packing cubes
- Sunglasses
- Sun hat/cap
- Beanie (cold mornings/nights)
- Buff/neck gaiter

# Navigation & Safety

- Phone with offline maps
- Portable charger/power bank
- Charging cables
- Paper map (recommended)
- Compass/GPS
- Whistle
- Multi-tool/knife
- First-aid kit
- Blister treatment
- Emergency blanket

## Food & Hydration

- Trail snacks/protein bars
- Electrolyte packets
- Water purification tablets/filter (if needed)

## Toiletries

- Toothbrush/toothpaste
- Sunscreen
- Lip balm with SPF
- Insect repellent
- Wet wipes
- Quick-dry towel
- Hand sanitizer
- Toilet paper/tissues

## Optional Camping Gear

If you're camping rather than staying in huts/lodges:

- Tent
- Sleeping bag
- Sleeping pad
- Stove & fuel
- Cook kit
- Lighter/matches
- Food storage bag

## Smart Extras

- Trekking umbrella
- Compression socks
- Ziplock bags
- Laundry soap sheets
- Notebook/journal
- Camera/GoPro

# What Experienced Hikers Always Bring

- Extra socks
- Blister pads
- Lightweight rain layer
- Electrolytes
- Headlamp
- Backup snacks

## Clothing Formula for 7 Days

You usually don't need 7 full outfits:

- 3–4 hiking tops
- 2 bottoms
- 1 warm layer
- 1 rain shell
- Rotate/re-wear items

## Cold Weather Additions

- Thermal base layers
- Gloves
- Wool beanie
- Heavier insulated jacket

## Hot Climate Additions

- Lightweight long sleeves
- Extra electrolytes
- Cooling towel
- More sunscreen