

PACKING LIST

Hiking gear

Which hiking gear is essential for a hiking or trekking tour? Each hike must be planned separately and ahead of time. To help you prepare, here's a practical overview to fill in and tick off as you plan your hike.

Hiking clothes

Number		Weight
<input type="checkbox"/>	_____ hiking shoes	_____
<input type="checkbox"/>	_____ hiking socks	_____
<input type="checkbox"/>	_____ hiking pants (poss. zip-off pants)	_____
<input type="checkbox"/>	_____ outdoor shirt (sleeveless/short sleeves)	_____
<input type="checkbox"/>	_____ long-sleeved outdoor shirt	_____
<input type="checkbox"/>	_____ underwear	_____
<input type="checkbox"/>	_____ fleece jacket or pull-over	_____
<input type="checkbox"/>	_____ waterproof/water-repellent outdoor jacket	_____
<input type="checkbox"/>	_____ down jacket	_____
<input type="checkbox"/>	_____ waterproof rain jacket	_____
<input type="checkbox"/>	_____ waterproof pants	_____
<input type="checkbox"/>	_____ hat/headgear	_____
<input type="checkbox"/>	_____ fleece beanie	_____
<input type="checkbox"/>	_____ gloves	_____
<input type="checkbox"/>	_____	_____
<input type="checkbox"/>	_____	_____
<input type="checkbox"/>	_____	_____
<input type="checkbox"/>	_____	_____
Total weight		_____

Hiking gear

Number		Weight
<input type="checkbox"/>	_____ light hiking backpack	_____
<input type="checkbox"/>	_____ rain cover/backpack liner	_____
<input type="checkbox"/>	_____ refillable water bottle	_____
<input type="checkbox"/>	_____ trekking poles	_____
<input type="checkbox"/>	_____ sunglasses	_____
<input type="checkbox"/>	_____ map, compass, hiking guide	_____
<input type="checkbox"/>	_____ flashlight/headlamp	_____
<input type="checkbox"/>	_____ pocketknife	_____
<input type="checkbox"/>	_____ rescue whistle	_____
<input type="checkbox"/>	_____ camera	_____
<input type="checkbox"/>	_____ smartphone	_____
<input type="checkbox"/>	_____ memory card, external battery, charging cable	_____
<input type="checkbox"/>	_____ passport /ID card	_____
<input type="checkbox"/>	_____ rations	_____
<input type="checkbox"/>	_____ cash/bank card	_____
<input type="checkbox"/>	_____ medication passport	_____
<input type="checkbox"/>	_____	_____
<input type="checkbox"/>	_____	_____
<input type="checkbox"/>	_____	_____
Total weight		_____

Hygiene and first-aid kit

Number		Weight
<input type="checkbox"/>	_____ toothbrush/tooth-paste	_____
<input type="checkbox"/>	_____ (solid) soap	_____
<input type="checkbox"/>	_____ toilet bag (with hairbrush, deodorant, etc.)	_____
<input type="checkbox"/>	_____ sunscreen	_____
<input type="checkbox"/>	_____ microfibre cloth	_____
<input type="checkbox"/>	_____ handkerchiefs	_____
<input type="checkbox"/>	_____ first-aid kit with band-ages, disinfectant, etc.	_____
<input type="checkbox"/>	_____ tick tongs	_____
<input type="checkbox"/>	_____ medicine kit	_____
<input type="checkbox"/>	_____ poss. mini sewing kit	_____
<input type="checkbox"/>	_____ laundry bag/drybag	_____
<input type="checkbox"/>	_____ garbage bag	_____
<input type="checkbox"/>	_____ _____	_____
	_____ _____	_____
Total weight		_____

Trekking gear

Number		Weight
<input type="checkbox"/>	_____ sleeping mat	_____
<input type="checkbox"/>	_____ sleeping bag	_____
<input type="checkbox"/>	_____ bivouac sack	_____
<input type="checkbox"/>	_____ trekking meals	_____
<input type="checkbox"/>	_____ trekking tent	_____
<input type="checkbox"/>	_____ camping stove and fuel	_____
<input type="checkbox"/>	_____ lighter/fire steel/light-er cubes	_____
<input type="checkbox"/>	_____ cooking pan	_____
<input type="checkbox"/>	_____ kitchen utensils and cutlery	_____
<input type="checkbox"/>	_____ multitool	_____
<input type="checkbox"/>	_____ water filter/ water purification tablets	_____
<input type="checkbox"/>	_____ sponge and towel	_____
<input type="checkbox"/>	_____ _____	_____
Total weight		_____

Items for a hut-to-hut hiking tour

Number		Weight
<input type="checkbox"/>	_____ hut sleeping bag	_____
<input type="checkbox"/>	_____ hut shoes	_____
<input type="checkbox"/>	_____ earplugs	_____
<input type="checkbox"/>	_____ _____	_____
<input type="checkbox"/>	_____ _____	_____
Total weight		_____

What gear you need for your hike depends on the duration, the region and the climate of the place you're going. You can find more information about the right gear and packing tips for your hiking [in our article](#).