

HIKING

What hiking gear should you take with you on a hike? Every outdoor adventure should be planned in advance to make sure you have everything you will need for your hike. You won't need the same things for a day hike as you would for a walking holiday, which is why you should always plan ahead of time and think about what you will need. Our helpful packing list below will help you to keep track of everything you will need for going on a hike or a walking holiday.



Clothes and shoes



- ☐ Walking boots
- ☐ A pair of hiking socks
- ☐ A pair of hiking trousers or zip off trousers
- ☐ Functional T-shirt (short/long-sleeved)
- ☐ Functional underwear
- ☐ Fleece jacket
- ☐ Lightweight jacket
- ☐ Waterproof raincoat
- ☐ A pair of waterproof trousers
- ☐ Multifunctional scarf
- ☐ Cap/beanie
- ☐ A pair of gloves
- ☐ A pair of sunglasses

Hiking gear



- ☐ Hiking backpack
- ☐ Rain cover/backpack liners
- ☐ Walking poles
- ☐ Water bottles
- ☐ Earplugs
- ☐ Maps, walking guide
- ☐ Compass or a GPS device
- ☐ Smartphone
- ☐ Phone charger, power bank
- ☐ Passport or an ID card
- ☐ Alpine Club member card
- ☐ Cash, debit and credit cards
- ☐ Health insurance card, if needed, or travel insurance
- ☐ Mini sewing set, if needed

Safety kit



- ☐ Torch/head torch
- ☐ Pocket knife
- ☐ Whistle
- ☐ Emergency blanket
- ☐ Lighter
- ☐ First aid kit with bandages, disinfectant, tick tweezers etc.
- ☐ Blister plasters
- ☐ Medication (painkillers, tablets for diarrhoea etc.)
- ☐ Water purification tablets
- ☐ Emergency food kit for about 2 days

Toiletries



- ☐ Toothpaste/toothpaste tablets and toothbrush
- ☐ (Solid) biodegradable soap
- ☐ Microfibre towel
- ☐ Bin bags
- ☐ Toiletry bag with deodorant, hair comb etc.
- ☐ Suncream minimum 30 SPF
- ☐ Laundry bag/dry bag
- ☐ Toilet paper, if needed

Walking holiday essentials



- ☐ Hiking backpack (40 - 70 L)
- ☐ Sleeping mat
- ☐ Sleeping bag
- ☐ Bivvy bag
- ☐ Food & hiking snacks
- ☐ Tent
- ☐ Multi-tool
- ☐ Camping cooker and cooking fuel
- ☐ Outdoor lighter/fire steel
- ☐ Cooking pot, crockery and cutlery
- ☐ Water filter
- ☐ Sponge and tea towel

Total weight:

Notes:



You should pack everything you will need for a hike or for the full duration of your walking holiday. It's important to think about where you will be going on a hike so that you can pack accordingly. You can find more information and packing tips for going hiking in the following article: [Hiking gear: everything you will need for going on a hike](#)