

Hiking Supplies List

Supply List · 29 items · 9 sections

Everything you need for a safe, comfortable hike. Whether it's a quick 3-mile loop or an all-day summit, this list covers the essentials and nothing extra.

Open the editable, AI-powered version online:

<https://genechecklist.com/checklist/hiking-supplies-list>

GEAR

- Day pack (20-30L with hip strap)
HIGH
- Trekking poles (optional: great for knee protection on descents)
- Gaiters (for muddy, snowy, or brushy trails)
- Bandana or buff (versatile: sun protection, sweat, filter)

NAVIGATION

- Trail map (downloaded offline or printed)
HIGH
- Compass

HYDRATION

- Water (2L minimum: hydration bladder or bottles)
HIGH
Drink 0.5L per hour of hiking, more in heat
- Water filter or purification tablets (for long hikes with water sources)

FOOD

- High-energy snacks (trail mix, energy bars, jerky)
HIGH
- Packed lunch for full-day hikes

FOOTWEAR

- Broken-in hiking boots or trail runners
HIGH
Never hike in brand new shoes: break them in first

- Wool or synthetic moisture-wicking socks

HIGH

CLOTHING

- Moisture-wicking shirt (no cotton: it holds sweat)

HIGH

- Lightweight hiking pants or shorts

HIGH

- Packable rain jacket

HIGH

Weather changes fast on trails: always bring one

- Warm layer (fleece or down: for summit or end of day)

- Sun hat with brim

HIGH

PERSONAL CARE

- Sunscreen SPF 50+

HIGH

- Sunglasses (UV protection)

HIGH

- Bug repellent (DEET for tick-heavy areas)

- Lip balm with SPF

SAFETY

- Basic first aid kit (bandages, moleskin for blisters, pain reliever)

HIGH

- Emergency whistle

HIGH

- Emergency space blanket

- Lighter or matches (fire starting in emergencies)

- Headlamp + extra batteries

HIGH

Always bring even on short hikes: hikes run long

- Fully charged phone (downloaded maps offline)

HIGH

- Portable phone charger / power bank

LEAVE NO TRACE

- Trash bag (pack out what you pack in: leave no trace)