



A Practical Beginner Multi-Day Hiking Gear List

A simple one-page checklist for your first overnight or 2 to 3 day hike. Tick off the basics, avoid overpacking, and focus on the gear that matters most.

Core gear

- Backpack
- Shelter
- Sleeping bag or quilt
- Sleeping pad
- Headlamp
- Water bottles or reservoir
- Stove and fuel if needed
- Lighter
- Spoon
- Navigation backup
- Phone
- Power bank
- Basic first aid kit

Clothing

- Hiking shirt
- Hiking shorts or pants
- Warm mid layer
- Waterproof jacket
- Warm insulated layer
- Spare socks
- Hat or beanie depending on conditions
- Sleep clothes if desired

Personal and safety items

- Sunscreen
- Toiletries
- Toilet paper and trowel if required
- Medications
- Permits or booking details
- ID or emergency information if needed

Leave at home

- Too many clothes
- Oversized toiletries
- Extra cooking gear
- Heavy camp luxuries
- Spare shoes
- Multiple knives or tools
- Bulky camera gear
- Too much food
- Random backup items for unlikely scenarios

Quick reminder

Choose a pack that fits well
Pick footwear for your terrain
Prioritise warmth and sleep comfort
Keep food and cooking simple
Do not rely only on your phone for navigation

From WildTrailHiker.com. Use this checklist as a packing guide, then tailor it to your trail, weather, and trip length.