



The Smart Packer — Hiking Packing List

Packed?	Item	Category	Recommendation
☐	Backpack	Core Gear	https://amzn.to/4nFtLE9
☐	Water Supply	Core Gear	https://amzn.to/4oDeKnP
☐	Snacks	Core Gear	-
☐	Map and Compass or GPS	Core Gear	https://amzn.to/3Lj1xSk
☐	Sunscreen and lip balm with SPF	Core Gear	https://amzn.to/3JHjnOf
☐	Breathable hiking shirt or athletic top	Clothing	-
☐	Quick-dry shorts or pants	Clothing	https://amzn.to/3JGh5Pl
☐	Lightweight fleece or pullover	Clothing	-
☐	Hat for sun protection	Clothing	https://amzn.to/3Lk776K
☐	Wool or synthetic socks (avoid cotton)	Clothing	https://amzn.to/47kBvWn
☐	Sturdy hiking boots or trail shoes	Clothing	https://amzn.to/47RHhQe
☐	Trail map or offline GPS app	Navegation	-
☐	Compass or personal locator beacon	Navegation	https://amzn.to/3LI15CP
☐	Flashlight or headlamp with extra batteries	Navegation	https://amzn.to/49yMxtj
☐	Small whistle and emergency blanket	Navegation	https://amzn.to/3JgHRxL
☐	First-aid kit	Navegation	https://amzn.to/47OzjHH
☐	Electrolyte packets or sports drinks	Food/Hydration	https://amzn.to/4nFvqtn
☐	Snacks: trail mix, protein bars, jerky, or fruit	Food/Hydration	-
☐	Lightweight lunch if you'll be out all day	Food/Hydration	-
☐	Lightweight rain jacket or poncho	Weather Protection	https://amzn.to/3JgHWBz
☐	Sunglasses	Weather Protection	https://amzn.to/3LrpCpT
☐	Buff or bandana for dust or sweat	Weather Protection	-
☐	Compact towel or wipe pack	Weather Protection	https://amzn.to/3WzQd6E
☐	Small pack cover or dry bag	Weather Protection	-
☐	Sunscreen and insect repellent	Personal Items	https://amzn.to/4oONQcb
☐	Wet wipes and tissues	Personal Items	-
☐	Lip balm and small mirror	Personal Items	-
☐	Lightweight sit pad or compact blanket	Personal Items	https://amzn.to/4onm4ng
☐	Camera or smartphone for photos	Personal Items	https://amzn.to/43b6HWu
☐	Trekking poles for stability	Optional	https://amzn.to/4qzXUri
☐	Lightweight binoculars for birdwatching	Optional	https://amzn.to/4qCGYJR
☐	Cooling towel or neck gaiter	Optional	https://amzn.to/4qDKIH3
☐	Notebook for journaling	Optional	https://amzn.to/3JhOmIU
☐	Small trash bag for "Leave No Trace" cleanup	Optional	-