

A 10 point Hiking Essentials Checklist by [Outdoorly](#).



## 1. Navigation

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- Topographical map
- Compass
- GPS Device
- Personal locator beacon (PLB) or satellite communicators
- Altimeter



## 2. Headlamp

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- Headlamp
- Extra Batteries
- Torches / Lanterns / mobile flashlights



## 3. Sun protection

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- Sunglasses
- Sunscreen
- Sun-protective clothing
- Lip balm



## 4. First aid

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- Bandages
- Antiseptic
- Gauze pads and dressings
- tape
- Roller bandage or wrap
- Skin closures
- Blister prevention and treatment supplies
- Tweezers

- Nonprescription painkillers
- Nitrile gloves
- Anti-inflammatory
- Antidiarrheal
- Antihistamine tablets
- A needle
- A topical antibiotic
- Personal Prescriptions



## 5. Knife

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- Knife
- Multi-Tool Repair Kit
- Loud Whistle



## 6. Fire

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- Waterproof matches or Disposable butane lighters
- Fire starters
  - Cotton balls coated with Vaseline
  - Stoves
  - Chemical heat tabs
  - Wood nuggets coated with chemicals
  - Fire Steel



## 7. Shelter

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- Bivy Sacks
- Ultralight tarps
- Emergency space blankets
- Plastic tube tents
- A large trash bag
- An insulated sleeping pad



## 8. Extra food

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Pack an extra day's food.

- Nuts
- Dry fruits
- Sandwiches
- Granola energy bars
- Candies

If you are taking a stove:

- Coffee
- Tea
- Cocoa
- Soups



## 9. Extra water

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- Water Bottles
- Water Purifiers



## 10. Extra clothes

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An extra set of the following:

- Underwear
- Thermals
- A set of top and pant
- Gloves and Socks
- Jacket
- Hats