



Backpacking Gear Packing List





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The Hungry Hiker Backpacking Gear Packing List is designed to help you decide what you'd need to bring for your next overnight backpacking trip.



[The Hungry Hiker](#)



[@_TheHungryHiker](#)



Welcome!

If we haven't met yet, Hi! I'm Kathleen, a food-motivated hiker, solo backpacker, backpacking coach for women and The Hungry Hiker on YouTube.

I created [The Confident Solo Female Backpacker System](#), an online backpacking program for women designed to help you go from feeling scared and intimidated about backpacking to feeling comfortable and confident planning and preparing for your own solo adventures in the backcountry.

My goal is to help you get inspired to go outside and plan your next outdoor adventure – whether it's going on a day hike, overnight backpacking trip, and/or section hiking or thru-hiking a long-distance trail.

BACKPACKING GEAR PACKING LIST

This Backpacking Gear Packing List is to help you decide what you need to bring on an overnight backpacking trip. A few things to consider before you pack? Think about how far you plan on hiking, how remote the area is, the type of terrain you'll be traveling in and what the weather forecast will be for the area. This list is intentionally comprehensive. You won't take all of these items on each trip.

Pack System

- Backpack
- Pack Raincover

Shelter System

- *Backpacking tent/rainfly/stakes
- Tent footprint

Sleep System

- Sleeping bag/quilt
- Sleeping bag liner
- Sleeping pad
- Pillow
- Sleeping booties/socks
- Waterproof dry sack (to store in)

Packed Clothes

- *Moisture wicking underwear
- *Sleeping outfit (top/bottom)
- *Beanie/warm hat
- *Camp shoes/sandals
- *Extra pair of hiking socks
- *Gloves/mittens/liner gloves
- *Hiking pants/leggings
- *Fleece top
- *Puffy, insulated jacket
- *Rain jacket
- *Rain pants/skirt

Cooking System

- Backpacking stove
- Cooking pot
- Fuel
- Lighter
- Dish/bowl
- Mug/cup
- Eating utensil
- Stove/food cozy
- Small, quick drying towel
- Food storage bag/bear canister/bear hang kit

Water Filtration System

- *Water filter
- *Dirty water bag (water storage)
- *Water bottle (water storage)
- *Hydration reservoir
- *Hydration reservoir adapter kit for filter
- *Water purification/chemical treatment (backup)

Poop Kit

- Lightweight trowel
- Hand sanitizer
- Toilet paper/wipes + sealable bag (must pack out!)
- Menstrual products
- Urinary products
- Stuff sack (to store in)

First Aid Kit

- *Medications (pain reliever + prescriptions)
- *Antiseptic wipes
- *Antibacterial ointment
- *Blister repair kit (safety pin/moleskin)
- *Bandages in assorted sizes
- *Pointy tweezers
- *Nail clippers
- *Leukotape/adhesive medical tape



- *Hydrocortisone cream
- *ACE bandage
- *Latex gloves
- *Scissors (your multi-tool may have these!)
- *Body Glide
- *Ankle brace
- Stuff sack (to store in)

Repair/Tool/Toiletry kit

- *Zip ties
- *Paracord
- *Emergency splint for tent poles
- *Travel sewing kit
- *Tenacious tape/duct tape
- *Stove repair kit
- *Patch kit for sleeping pad
- *Krazy glue
- *Knife/multi-tool
- *Waterproof matches/fire starter
- Prescription glasses/contacts
- Toothbrush + toothpaste
- Baby wipes/outdoor wipes (must pack out!)
- *Sunscreen
- *Lip balm/chapstick
- Hair brush/comb
- Stuff sack (to store in)

Food

- Meals (enough for each day out on trail)
- Snacks (enough for each day out on trail)
- Energy food + electrolytes
- *An extra day's worth of food

Misc Gear

- *Map + compass (store in waterproof sleeve)
- *Download map of area on GPS
- Printed permit (if needed)
- ID, credit card, cash and car keys (if needed)
- Printed itinerary (1 left at home + 1 left in car)
- Whistle (only if your pack doesn't have one)
- Head bug net
- Bug spray/repellant
- Bear spray
- Microspikes/snow traction devices
- Gore-Tex leg gaiters
- Daypack (for day trips away from camp)
- Butt pad/camp chair

Electronics

- Camera + batteries (make sure they're charged!)
- Memory card
- Cellphone (Make sure it's charged!)
- Headphones/airpods
- Battery pack charger
- Charging cords for devices
- Headlamp + batteries/charging cord
- SOS emergency communicator/PLB
- Stuff sack (to store in)

Worn Clothing

- Moisture wicking underwear
- Moisture wicking t-shirt/tank top
- Moisture wicking long-sleeved shirt/sun hoody
- Quick drying pants/shorts
- Hiking socks (synthetic or wool)
- Trail runners/hiking boots Bandana/neck gaiter
- *Sun hat/trucker hat/baseball cap
- *Sunglasses
- Trekking poles

*These items are part of the 10 Hiking Essentials. The items you bring for each of these systems will depend on the weather forecasted for the area you plan on traveling in, difficulty of the area and trail you'll be traveling on, the duration of your trip and the distance from help. For more information on the 10 Hiking Essentials, [watch this video](#).





What's Next?

Have you been wanting to go backpacking, BUT:

- Feel overwhelmed and don't know where to start with planning a trip like this?
- Are scared of camping alone?
- Need help getting gear and food sorted out?
- Are letting your fears and other people's fears talk you out of going alone?
- Tired of waiting for someone else to go backpacking with?

[The Confident Solo Female Backpacker System](#) is a comprehensive, online, backpacking program for women, designed to help you go from feeling scared and intimidated about backpacking to feeling comfortable planning your own adventure so that you can feel confident getting out for your first or next solo overnight backpacking trip.

Want to see if this is the right program for you?

[Schedule a FREE, one-on-one Zoom call](#) with me where you'll have a chance to speak to me live and ask any questions you have about the program. If you're a perfect fit for the program, you'll get the opportunity to enroll during our call.