

Hiking essentials:

Navigation (map/compass)

Headlamp

Sun protection

Sunglasses

Hat

Sunscreen

SPF lip balm

First aid kit

Waterproof matches

Pocket knife

Insect repellent

Water bottle

2 liters per person per day

Water filter/ purifier

Extra Food

Examples include: Granola bars, nuts, jerky, fruit,

Extra Clothes ( depending on weather)

Optional gear:

Biodegradable TP

Bandana or Buff

Blister treatments

Sanitation trowel (if no toilets)

Alcohol wipes

Solar panel portable charger

\* Note: some of these items are for those hiking in more remote places, so adapt this list depending on your trip\*

For day hikes, a good backpack averages around 11-20 liters. Many come equipped with hydration reservoirs or have large water bottle pockets on the side. Now the important is question is what should you pack in it? Lucky for you, Transform has come up with a checklist to help you stay healthy and safe on your next hike.

