

Hiking For Her's suggested backpacking gear list, highlighting three major categories of equipment you will need.

For details, visit www.hiking-for-her.com/best-backpacking-gear-list.html

For the classic hiking Ten Essentials, read: <https://www.hiking-for-her.com/hikingtenessentials.html>



BACKPACKING SURVIVAL GEAR

For bulleted items, choose at least one (redundancy is a good thing if you have room in your pack).

Shelter appropriate for terrain and season:

- tarp, tent (plus rain fly, footprint, stakes, guy lines), or hammock system
- lightweight space blanket for additional layer of warmth and protection on floor of tent

Meal plan: breakfast, lunch, dinner meals and beverages, plus 2 extra meals (margin of safety)

Trail snacks: no cooking required, made of ingredients that won't melt, freeze or spoil

Water treatment plan:

- extra fuel for boiling, water filter, treatment tablets, Steripen (good idea to have a backup method as well)

Water storage:

- hard plastic bottles, metal bottles, collapsible plastic bottles, collapsible large capacity (10L) container/bladder for camp kitchen, hydration pack bladder(s) or reservoir(s)

Communication devices:

- GPS, satellite messenger, personal locator beacon, satellite phone; use cell phone as backup method only when you know you can expect some amount of coverage

Navigation devices:

- Map & compass (preferred), GPS, cell phone with GPS app & reliable battery life; time keeping device for pacing and mileage calculations; whistle to direct SAR (Search And Rescue) to you

Extra batteries for electronic devices OR solar battery charger

Animal deterrents: hard sided canister(s), Ursack(s), rodent chew proof sack(s), bear spray canister for each hiker, hang bag with rope & carabiner(s)

Itinerary: one detailed copy left at home, one copy with authorities, and to be extra sure, one copy left in your vehicle at the trailhead (tell someone it's there or it won't be of any use)



BACKPACKING ESSENTIALS

Footwear:

- Boots, trail shoes, water sandals or crocs

Socks: technical socks + liners, at least two pair of each for a short trip

Top layers: sports bra, base layer if needed, mid layer of appropriate sleeve length, lightweight jacket

Bottom layers: wicking underwear, base layer if needed, hiking pants, hiking shorts

Sleeping clothes: clean, dry top & bottom, clean socks, fleece beanie you don't cook or hike in

Rain gear: zip up waterproof jacket with cinch-able hood, waterproof pull on pants, sombrero type hat

Hats: ball cap to shield eyes, fleece or wool beanie which fits under hood

Trekking poles: adjustable or collapsible (can be used as tent poles)

Backpack: at least 35L for short trips (up to 50L), at least 50 - 70L for multi-day trips.

Backpack waterproof rain cover

Sleep system:

- Sleeping bag (with optional liner), backpacking quilt with compression stuff sack (fill it with extra clothing and use as pillow), sleeping pad
- If using hammock, consider over & under quilts for warmth

Cold weather extras: neck gaiter, heavy wool hat with ear flaps, fleece scarf or Buff, balaclava, 2 pairs of gloves, down vest, extra layers of pull on fleece/waterproofed down

Camp kitchen: stove with fuel, lighter/waterproof matches in airtight container, cooking pot(s)/pan(s) with lids, eating and cooking utensils, bowls, cups/mugs with lids, hot pad(s), pot gripper, liquid soap, hand sanitizer for food prep, quick dry towel(s), scrubbing pad, thin roll up cutting board if needed, folding sharp knife, garbage bags, water storage unit(s) (see water choices above).

Basic first aid kit: blister prevention & treatment, antibiotic ointment, band-aids, alcohol wipes, tweezers, eye drops, pain relief, OTC anti-inflammatory tablets, personal medications (bring extra 3 day supply), other supplies as needed

Illumination: flashlight or headlamp (recommended), extra batteries (perform battery check before you go, even with "new" ones)

Sunglasses, unscented non-oily sunscreen, broad brimmed sun hat with neck coverage

BACKPACKING COMFORT AND HAPPINESS ITEMS



Hygiene kit: toothpaste, toothbrush, floss, biodegradable soap for body and hair (can be kitchen soap; Dr. Bronner's unscented works well), fast dry small towel, hair ties/clips, face lotion, menstrual supplies, contact lens supplies, tiny mirror, nail clippers, collapsible brush/comb, tissues, pre-moistened wipes/toilet paper, trowel to dig cat holes, sealable plastic bags for used hygiene products (tampons, pads, toilet paper, used tissue & wipes, trowel storage), extra plastic bag(s)

Bandanna: as washcloth, hair cover, sweat moppper tied around neck/forehead, towel, or nose wipe

Gaiters: low cut keeps debris out of footwear, mid cut protects calves & ankles, knee length for snow, sand or abrasive rock travel

Pee rag (can be extra bandanna, attached to outside of pack for day use and air/sunlight drying)

Unscented, moisturizing, sun blocking lip balm

Unscented insect repellent and/or hat and clothing with attached insect shields

Kindle with solar charger, or other reading material

Waterproof trail journal & mechanical pencil

Sit pad or inflatable cushion

Camera (can use zoom feature as binoculars) with strap

Gear repair kit

Ear plugs & dark eye shade to ensure deep, restful sleep in bright early morning/noisy weather conditions

Small lightweight day pack for manageable zero days, town days, day hikes from base camp, layovers

Extra pair of prescription glasses with strap, or extra contact lens, for extended/backcountry trips

Meaningful personal item(s): harmonica/flute, pillow, photos, whatever brings you peace & comfort

For an even more detailed backpacking gear list, with brand names and suggestions, visit <https://www.hiking-for-her.com/wrangell-st-elias-gear-list.html>