

# BACKPACKING & HIKING CHECKLIST

Love Bec xo

## Shelter

- [Tent](#)

## Sleeping

- [Sleeping Pad](#)
- Sleeping Bag or [Quilt](#)
- Pillow (optional)

## Cooking, Eating & Drinking

- Gas & [Stove](#)
- [Cook Pot](#)
- [Collapsible Cup](#)
- [Spork](#)
- Lighter/Matches

## Water

- [Water Filter](#) &/or [Purification](#)
- [Water Storage](#)

## Toileting

- [Trowel](#)
- [Bidet](#)
- [Pee Cloth](#)
- Toilet Paper

## Electronics

- Phone & charging cord
- [PLB](#)
- Watch
- [Power Bank](#)
- [Head Torch](#)
- Headphones

## Toiletries

- Lip Balm (SPF & normal)
- Toothbrush
- Toothpaste
- Hand Sanitiser
- Sun Cream
- Hairbrush
- Body Wash Cloth

## First Aid

- [Snake Bandage](#)
- Bug Spray
- Band-Aids, alcohol Swabs, antiseptic/antibiotic Cream
- Paracetamol & Ibuprofen

## Camp (non-hiking) Clothing

- Camp Shoes
- Beanie
- Thermal top & bottom
- Rain pants & jacket
- Mid-layer (fleece)
- Outer layer (down style jacket)
- 1 x undies, 1 x bra, 1 x socks

## Extras

- [Sit Pad](#)
- Hiking Poles
- Pocket knife

[www.looktheworldintheeye.com](http://www.looktheworldintheeye.com)

[@looktheworldintheeye](https://www.instagram.com/looktheworldintheeye)