

## **Packing for Hiking**

### **General guidelines for selecting a pack**

Your internal-frame backpack should fit so that you can carry most of its weight on your hips and not shoulders. A sales assistant at a shop like REI will help you to find a pack that fits you. You do not need a big pack; one with 45L (2750 inch cubed) capacity is plenty. The following are attractive features in a backpack:

- Bottom compartment for sleeping bag
- Side and top compartment
- Mesh pockets for water bottle (better if tilted for easy access)
- Incorporated rain cover
- Mesh back that breathes
- 2 Liters of water (bottles or Osprey water bag)
- Wide belt
- Belt pocket for camera (plastic bag to protect camera from rain)

### **What and How Much to Pack**

Without water, your pack should weigh less than 12% to 15% of your body weight.

Pack items:

- 2 pants (zip off kind that can be converted to shorts)
- 3 short sleeve shirts
- 1 long sleeve shirt
- 1 fleece (depending on time of year)
- 1 jacket – water resistant with hood
- 1 hat with visor
- 1 warm hat
- 1 pair very thin gloves (depending on time of year and route)
- 1 quick-dry towel
- 1 bandana
- 3 pairs underwear (quick dry)
- 3 pairs of socks
- rain pants (optional)
- trekking sandals
- flip flops for bathroom shower
- sleeping bag or body sheet
- headlamp
- rain poncho that will cover the backpack
- water – bag or bottles
- journal
- camera
- Swiss army knife (check with tsa.gov)
- hiking poles

- sunglasses
- lip balm
- sunscreen
- first-aid kit (bandaids, waterproof first aid tape, advil, antiseptic wipes, etc)
- toiletries (toothbrush, toothpaste, shampoo, soap, deodorant, razor, Benedril, Cortizone, etc)
- laundry soap
- trash bags
- ziploc bags
- latex gloves
- digital music player / tablet / cell phone
- chargers for electronics
- safety pins
- clampon to attach light to sleeping bag for easy access if desired
- footwear (boots, sandals, flip flops) (Hint: size for boots in the afternoon after feet swell)
- optional emergency blanket (foil)
- Permethrin spray / DEET (Hint: Spray sleeping bag, liner/bed sheet)
- LUMBAR PILLOW

Other Recommendations:

- Fixing Your Feet – a book by John Vonhof
- Go to a running store to discuss foot problems