



THE  
**TRAIL FOOD**  
COMPANY

Gear up and conquer the wilderness with confidence! Whether you're embarking on a multi-day expedition or a single night under the stars, mastering your hiking gear is the key to unlocking the ultimate outdoor experience. Our comprehensive gear list is your roadmap to adventure, ensuring you have everything you need to thrive in the great outdoors. From sturdy footwear to cozy sleeping bags, each item is carefully selected to enhance your comfort, safety, and enjoyment on the trail. So pack smart, hike strong, and let the journey begin!



**MAIN GEAR**

- Backpack with Rain Cover\*
- Tent, pegs & Groundsheet
- Sleeping bag
- Sleeping pad
- Headlamp\*
- Waterproof stuff sacks

**Optional**

- Trekking Poles (Highly Recommended)
- Inflatable Pillow (Or stuff your excess clothing into a t-shirt)
- Pepper spray
- Dry Bag
- Rope
- Reusable plastic bags (Ziplock)



**NAVIGATION**

- Map\*
- Compass\*
- GPS\*
- Route description or guidebook
- Permits



**HEALTH & HYGENE**

- Toothbrush
- Toothpaste
- Toilet paper
- Wipes
- Hand sanitizer
- Prescription Medications
- Prescription glasses
- Quick dry towel

**Optional**

- Insect Repellent
- Blister treatment
- Medication for upset stomach



**CLOTHING/FOOTWEAR**

- 1-2 Moisture-wicking shirts
- 1 Pair quick dry pants/shorts
- 1 Quick dry long sleeve shirt
- 3 Pairs quick dry underwear
- Lightweight fleece
- Hiking Boots or Trail running shoes\*
- 1 Set long underwear (Top + Bottom)
- Lightweight warm Jacket (e.g. Down)
- Rain Jacket (Waterproof)\*
- Beanie & gloves (If low Temp expected)
- 2-3 Pairs hiking socks

**Optional**

- Bandana / Neck gaiter
- Camp Shoes (Lightweight Sandals)
- Gaiters
- Swimming Costume

**IMPORTANT:** Do not bring cotton clothes. Choose all clothing from Synthetic materials (e.g. Fleece, Polyester, etc.) or Marino wool.



**SUN PROTECTION**

- Lip balm with SPF30+
- Sunscreen SPF30+
- Sunglasses
- Sun hat\*



**PACK IN CAR**

- Parking pass
- Itinerary or notes left under the seat
- Clean clothes & comfy shoes
- Towel
- Water to refill bottles
- Cooler with post-hike refreshments



**COOKING**

- Backpacking Stove
- Gas canister
- Cooking set
- Backpacking Bowl, Mug & Utensils
- Biodegradable dish soap
- Washing sponge
- Lighter
- Rubbish bags



**FOOD & WATER**

- Water bottle / Hydration bladder\*
- Water Purifier or chemical treatment
- Trail Snacks
- Lunch
- Breakfast
- Extra Day supply of food\*
- Resealable bag (for your trash or someone else's.)



**FIRST AID & EMERGENCY**

- First Aid kit\*
- Painkillers/anti-inflammatories
- Antiseptic cream
- Antihistamine (Non-drowsy)
- Rehydrate
- Whistle
- Matches in waterproof container\*
- Lighter
- Emergency Shelter & Blanket
- Itinerary left with friend
- Duct tape
- Solar powered Power bank



**REPAIR**

- Tent repair patches
- Backpacking repair kit
- Multitool\*

**TIP:** Put toiletries in tiny lightweight tubes or light weight plastic containers to reduce bulk & Weight.

\*These items are part of the Ten Essential systems