

Packing list for amateur trekkers

(Visit <http://www.tripsanthology.com/packing-list-for-amateur-trekkers/>)

TREKKING-CAMPING

- 1 Versatile weatherproof jacket
- 1 Hiking boots
- 1 Backpack
- 1 Rucksack
- 1 Pair of walking sticks
- 1 Silk Travel Sheet
- 1 Sleeping bag and pad
- 1 good pair of zip-off hiking trousers
- 2 pairs of leggings
- Few pairs of socks
- Cotton Underwear
- Micro-Fibre towel
- 1 Pair of comfy shoes
- Some carabiners
- 1 L Refillable water bottle
- Electric torch
- 3-4 light T- Shirts for hiking
- 1-2 wool under shirt(s)
- 1 Fleece

- Rain pants**
- Gloves**
- A hat**
- Sun glasses + lotion (50) + lip balm with sun protection (also 50)**
- Before you go make sure you have all the vaccinations in place (and bring insect repellent)**
- All-in-one knife**

TOILETRIES

I try to buy as much as I can on the road with some few exceptions:

- Hard soap**
- A good brush**
- Independent doses of conditioner**
- Elastic bands**
- Independent doses of face or body cream**
- A small package of wet toilet foils**
- Medicines**

ELECTRONICS

- Cameras + charger**
- Pen drive**
- Phone + charger**

DOCUMENTS

- I also write down all my booking numbers for flights or buses (the only fixed steps of my trips), and the phone numbers of friends and embassies.
- A copy of documents is also super useful as you might want to keep your official ones in your room instead of carrying them around all the time.

[\(see 8 tips for solo travelers\)](#)