



Hiking Holiday TRAVEL CHECKLIST

Essentials

- **Passport/Visa:** If hiking abroad, ensure they're valid for the duration of your trip.
- **Travel Documents:** Trip itinerary, trail maps, and permits if required for certain trails.
- **Travel Insurance Information:** Ensure your policy covers hiking and any related outdoor activities, including rescue and medical services.
- **Payment Methods:** Credit/debit cards and some cash, preferably in the local currency.
- **Emergency Contacts and ID:** Include a list of emergency contacts and carry a form of identification on you.

Clothing and Footwear

- **Hiking Boots/Shoes:** Well-broken-in, to prevent blisters.
- **Moisture-Wicking Tops and Bottoms:** To keep you dry and comfortable.
- **Insulating Layers:** Fleece or wool layers for cooler temperatures.
- **Waterproof Jacket/Pants:** For unpredictable weather changes.
- **Hiking Socks:** Several pairs of wool or synthetic socks to keep your feet dry and blister-free.
- **Hat and Gloves:** Depending on the weather, these can be essential even in warmer months at higher elevations.

Toiletries

- **Sunscreen:** High SPF to protect against UV radiation at higher altitudes.
- **Lip Balm with SPF:** To prevent chapped lips.
- **Insect Repellent:** Especially important in wooded or wet areas.
- **Personal Hygiene Items:** Biodegradable soap, toothbrush, toothpaste, and a small quick-dry towel.
- **First-Aid Kit:** Include band-aids, antiseptic wipes, blister plasters, pain relievers, and any personal medications.

Technology

- **Smartphone:** With a map app that works offline.
- **Portable Charger/Power Bank:** Keep your devices powered throughout your hike.
- **GPS Device or Smartwatch:** This is used to track your route and monitor your progress.
- **Headlamp or Flashlight:** With extra batteries, essential for any early starts or late finishes.





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Travel Insurance

- **Outdoor Activity Coverage:** Verify that your travel insurance covers hiking and any potential rescue operations in remote areas.

Other

- **Backpack:** With a rain cover, sized appropriately for the length of your hike.
- **Water Bottle or Hydration System:** Staying hydrated is crucial.
- **Snacks/Energy Food:** Nuts, bars, and easy-to-carry items for energy boosts.
- **Trekking Poles:** Reduce the impact on knees and improve balance.
- **Map and Compass:** Essential for navigation, even with a GPS device.
- **Multi-Tool:** For any minor repairs or needs that might arise.
- **Emergency Shelter:** A lightweight tent, bivy bag, or emergency space blanket, depending on the hike duration and conditions.
- **Bear Spray or Safety Whistle:** If hiking in areas with wildlife, consult local guidelines on safety precautions.

