

Multi-Day Trips in the Mountains

The Essentials	
Waterproof map	
Compass	
Food (astronaut food is always fun, dried fruit and nuts, proteins, carbs, high energy)	
Headlamp/ flashlight	
First aid kit (blister Band-Aids a must)	
Water (I use a Camelbak bladder and it's awesome, highly recommend)	
Waterproof matches	
Knife	
Repair kit (good duct tape can do wonderful things for you if needed)	
Bear spray	
Hiking poles	
Camera (yes, it is essential in my world)	

Clothing	
Good boots (ankle support is a must)	
Gaiters (waterproof, preferably Gore-Tex if you can manage it)	
Socks (liners and outer, first step in preventing blisters)	
Wool base layers for top and bottom	
1 long and 1 short sleeve shirt	
Underwear (yes, it's probably a good idea)	
Rainwear for bottom and top	
Warm stuff (gloves, toques, scarf, handwarmers)	
Pants or shorts	
Sun hat and sunglasses	
For the ladies, a decent sport bra is essential.	

Camping Gear	
Backpack (with raincover)	
Tent (waterproof), bring along some extra pegs as well	
Sleeping bag, sleeping pad, camping pillow, sleeping bag liner (opt)	
Stove and fuel (as well as any other cooking utensils you require)	
Water treatment or filter (as pretty as the water may seem, it's not good to drink it)	
Toiletries (toilet paper, don't forget this)	
Plastic bag or garbage	
Rope (you never know...)	