



# Gill's Multi-Day Hiking Gear Checklist

The following gear checklist is a list of what I currently carry on multi-day hiking trips ranging from two or more nights up to and three weeks long. My equipment choices are guided by the following criteria

- Lightweight and compact gear where possible
- Comfort as well as style
- Understanding my needs and preferences

This updated list has only a few new items from the last. For me this reinforces if you understand your needs and choose quality items, they will last you many years.

Each trip is unique so I 'swap out' certain pieces of equipment depending on the expected conditions. Use this list as a guide to build your own multi-day kit but make sure that you choose what works for you.

Pack System		Layering system		Toiletries	
<input type="checkbox"/>	Osprey Eja 58 Backpack x 1	<input type="checkbox"/>	Icebreaker Sprite Racerback Bra and Hot Pants x 2 pairs	<input type="checkbox"/>	Toothbrush x 1
<input type="checkbox"/>	Sea to Summit UltraSil Pack Cover Medium 50-70L x 1	<input type="checkbox"/>	The North Face Women's Hybrid Hiker Tights x 1 pair	<input type="checkbox"/>	Lush Toothy Tabs x 2 per day
<input type="checkbox"/>	Sea to Summit 90L Pack Liner x 1	<input type="checkbox"/>	Kuhl Freeflex Roll-Up Women's Pants x 1 pair	<input type="checkbox"/>	Dental Floss
<input type="checkbox"/>	Sea to Summit 13L Dry Bag x 1	<input type="checkbox"/>	Arcade Belt x 1	<input type="checkbox"/>	GSI Cathole Trowel x 1
<b>Shelter</b>		<input type="checkbox"/>	Wilderness Wear COOL MERINO Tencel Singlet x 1	<input type="checkbox"/>	Toilet paper (10 sheets per day)
<input type="checkbox"/>	Big Agnes Copper Spur UL2 Tent x 1	<input type="checkbox"/>	Wilderness Wear COOL MERINO Tencel Tee x 1	<input type="checkbox"/>	Hand sanitiser 50ml x 1
<input type="checkbox"/>	MSR Gourndhog Tent Stakes x 2	<input type="checkbox"/>	Wilderness Wear PolyPro+ 190 Long Sleeve Crew x 1	<input type="checkbox"/>	Sea to Summit Aitlite Towel Medium x 1
<input type="checkbox"/>		<input type="checkbox"/>	The North Face Thermoball Women's Full Zip Jacket x 1	<input type="checkbox"/>	Nail clippers x 1
<b>Hydration System</b>		<input type="checkbox"/>	Marmot PreCip Jacket x 1	<input type="checkbox"/>	Exped Zip Pack Small x 1
<input type="checkbox"/>	Osprey Hydraulics 3L Bladder x 1	<input type="checkbox"/>	Rainbird Waterproof Pants x 1	<input type="checkbox"/>	Lip Balm x 1 plus face moisturiser
<input type="checkbox"/>	Katadyn BeFree Filter x 1	<input type="checkbox"/>	Buff Original x 1	<input type="checkbox"/>	Tissues Travel Pack x 2
<input type="checkbox"/>		<input type="checkbox"/>	Wilderness Wear Neck Gaiter x 1	<input type="checkbox"/>	Washing Kit Tea Tree Oil 15ml x 1 plus Chux Small Piece x 1
<b>Sleep System</b>		<input type="checkbox"/>	Sunday Afternoons Ultra-Adventure Hat x 1	<b>First Aid</b>	
<input type="checkbox"/>	Sea to Summit Flame FMIV Women's Sleeping Bag x 1	<input type="checkbox"/>	Wilderness Wear Gloves x 1 pair	<input type="checkbox"/>	Tweezers x 1
<input type="checkbox"/>	Sea to Summit Silk Liner x 1	<input type="checkbox"/>	Exped Zip Pack Large x 1	<input type="checkbox"/>	Splinter pick x 1
<input type="checkbox"/>	Pillow – spare clothing inside a soft top	<b>Safety</b>		<input type="checkbox"/>	Crepe Bandage x 1
<input type="checkbox"/>	Therm-a-rest NeoAir XLite Women's x 1	<input type="checkbox"/>	Garmin InReach Explorer+ x 1	<input type="checkbox"/>	Compression Bandage x 1
<input type="checkbox"/>		<input type="checkbox"/>	Suunto A-30 Compass x 1	<input type="checkbox"/>	Triangular Bandage x 1
<b>Camp Kitchen</b>		<b>Miscellaneous Equipment</b>		<input type="checkbox"/>	Safety Pins x 5
<input type="checkbox"/>	Jetboil MiniMo Stove x 1	<input type="checkbox"/>	Liive The Edge Sunglasses x 1 pair	<input type="checkbox"/>	Nurofen x 6
<input type="checkbox"/>	Jetboil 100g Gas Cannister x 1 per 12 days	<input type="checkbox"/>	Black Diamond Ultra Mountain FL Trekking Poles 130 cm x 1 pair	<input type="checkbox"/>	'Go' – Laxatives x 6
<input type="checkbox"/>	Sea to Summit Alpha Light Spoon x 1	<input type="checkbox"/>	Petzel Actik Core Headlamp x 1	<input type="checkbox"/>	'Stop' x 6
<input type="checkbox"/>	Sea to Summit X-Mug x 1	<input type="checkbox"/>	SOOLALA Glasses x 1 pair	<input type="checkbox"/>	Band-Aids – assorted x 15
<input type="checkbox"/>	Osprey 6 Litre Stuff Sack x 1	<input type="checkbox"/>	Charging cables x 2	<input type="checkbox"/>	Exped Zip Pack Small x 1
<input type="checkbox"/>	Deejo Tattoo Naked Topography Knife x 1	<input type="checkbox"/>	Cygnett Dual USB Wall Charger x 1	<input type="checkbox"/>	
<input type="checkbox"/>	Light My Fire FireSteel 2.0 Army x 1	<input type="checkbox"/>	Goal Zero Sherpa 40 Power Bank x 1	<b>Swap Outs</b>	
<input type="checkbox"/>	500g Peanut Butter Jar (empty) x 1	<input type="checkbox"/>	Sea to Summit See Pouch S x 1	<input type="checkbox"/>	Sea to Summit Head Net x 1
<b>Footwear</b>		<input type="checkbox"/>	iPhone 8 x 1	<input type="checkbox"/>	Sea to Summit Gaiters x 1
<input type="checkbox"/>	Altra Olympus 4.0 Women's Shoe x 1 pair	<input type="checkbox"/>	Foldback Clip (19mm) x 1	<input type="checkbox"/>	Osprey Ultralight Stuff Pack x 1
<input type="checkbox"/>	Injinji Trail 2.0 Women's Mid Mini Crew Toesocks x 3 pairs	<input type="checkbox"/>	Exped Zip pack XS x 1	<input type="checkbox"/>	Therm-a-rest Z Lite Sol Sleep Mat x 1
<input type="checkbox"/>	Dirty Girl Gaiters x 1 pair	<input type="checkbox"/>		<input type="checkbox"/>	Big Agnes Copper Spur UL2 Platinum x 1
<input type="checkbox"/>		<input type="checkbox"/>		<input type="checkbox"/>	
<input type="checkbox"/>		<input type="checkbox"/>		<input type="checkbox"/>	