



Trekking Day Pack List

AdventuresWithinReach.com/packing

*Print this itinerary and bring it with you on your trip to help you on your trek.
To pack light, split items amongst your group.*

Trekking Day Pack

- Water
- Camera + disks, batteries, lenses, tripod, cleaning cloth
- Sunglasses
- Sunscreen, lip balm
- Snacks, candies + to share with guides, travelers, etc.
- Wet wipes
- Hand sanitizer
- Toilet paper
- Small first aid kit (bandaids, butterfly strips, gauze, ibuprofen)
- Hat, hair binder
- Bandana
- Warmer clothing as needed (jacket, gloves)
- Rain jacket, rain pants, rain cover for pack
- Jackknife
- Books/kite/frisbee
- Cell phone, headphones
- Binoculars
- Passport
- Money