

ADMINISTRATION

- Passport
- Bank card and/or credit card
- Cash
- Student card - *Often discounts can be obtained in certain stores.*
- Membership card - *If you are a member of a certain association, your membership card can be of importance.*
- Insurance number
- Travel documents - *Including flight tickets, bus or train tickets, etc. Try to have an online copy of all your tickets in case they suffer water damage or you lose them.*
- Topographic hiking map
- Important information - *Including emergency numbers park/country, phone numbers family, etc.*

ELECTRONICS

- Phone - *Can also be used as music player, camera, and GPS.*
- Ear pods
- Camera or GoPro
- GPS
- Chargers and extra batteries - *In some countries a universal charger is needed.*
- Powerbank
- Small music box (optional)

Keep all of your electronics in a Ziploc bag, preventing water damage.

CLOTHING

- 1 pair of sturdy hiking shoes - *Don't forget to bring extra shoe laces with you.*
- 1 pair of slippers - *Perfect at the end of the day to give your feet some air.*
- Underwear - *Underpants and sports bras.*
- 3 pairs of hiking socks - *It doesn't matter much how many days you go hiking, 3 pairs is perfect the third being a spare.*
- Long hiking pants (or sports leggings)
- Short hiking pants
- Base Layer short sleeves - *Depending on which characteristic you find most important, there is wool or synthetic material.*

- Base Layer long sleeves
- Mid Layer - *This is usually a thin fleece sweater.*
- Insulation Layer - *Either a thick fleece sweater or a puffy jacket.*
- Raincoat - *Perhaps your most important piece of clothing. It will protect you against rain, wind, and cold!*
- Rain pants - *Not an unnecessary luxury when going to an area that has a slightly wetter climate.*
- Gloves - *Also in summer a must, seeing the weather can turn in the blink of an eye. Or in the evening when the sun has set, and temperatures drop swiftly.*
- Winter hat - *Can make a big difference during the night temperature-wise.*
- Buff - *Multifunctional: scarf, headband, hat.*
- Cap
- Sunglasses
- Gaiters (optional) - *Can help to keep rain and snow out of your hiking boots, preventing them to get wet on the inside.*

SLEEPING

- Tent
- Sleeping bag - *Weight and/or heat will determine the cost price. When buying a sleeping bag, make sure to ask for (clear) information about its advantages and disadvantages. One of the most important features is unquestionably the minimum comfort temperature*
- Liner for in the sleeping bag - *Keeps your body temperature better.*
- Sleeping mat - *Here too, different types are to be found, ranging from very compact and self-inflating, to less compact foam mats.*
- Ground sheet - *I use a safety blanket for this, (but) this can also be an ordinary piece of plastic.*
- Pillowcase - *Don't take a pillow with you, if you just put a number of clothes in the pocket of your sleeping bag, this can serve as a pillow just as well.*

KITCHENWARE

- Cooking pot - *I prefer a Jetboil, which can boil water in only a few minutes. Especially with freeze-dried bags of food this is a gift from heaven.*
- Gas fire pit - *It is better to buy this in your country of destination, as gas is not allowed on the plane.*
- Cutlery - *A spoon with a long holder will make it easier to eat out of a bag of freeze-dried food.*
- Email mug - *The best material to hold the heat of your drink.*

- Drinking bottle and/or thermos – *In most places the water coming from the mountains is clean enough, yet sometimes it is safer to bring a filter. You can choose from a dust filter, bacteria filter, or a combination.*
- Lighter
- Sponge
- Esbit (optional) – *Also used in the military, among other things, (because of) its lightweight and it is a good alternative if your gas fire should fail.*

FOOD

- Oatmeal or ready-to-eat cereals
- Freeze-dried food bags
- Whole-grain tortillas (or dry crackers)
- Cheese and/or dried sausage
- Nuts or nut-based bars
- Energy bars or gels
- Dark chocolate (optional)
- Dried fruits – *Since fresh fruits will only be scarcely available, dried fruits are the best alternative.*
- Tea bags, instant coffee, and instant chocolate milk
- Whole milk powder
- Instant soup bags

HYGIENE

- Toothbrush
- Toothpaste
- Soap – *All-in-one soap, available in all camping stores.*
- 1 quick-drying towel
- Small EHBO set – *Includes anti-insect spray, anti-bacterial gel, medication, disinfect, etc.*
- Lens case and a small bottle of lens fluid – *Available in travel size in your local pharmacy.*
- Sunscreen
- Toilet paper
- Travel size comb (optional)
- Washing cloth

- Blindfold for at night

OTHER

- Backpack - *60 - 70 litres*
- Compass
- Pocket knife
- Headlight
- Paper and writing material
- Handkerchiefs
- Rope
- Duct tape - *Good for repairs.*
- Trash bag
- Ziploc bags for electronics, travel documents, etc.
- Whistle
- Walking sticks
- A compact lightweight backpack, ideal for exploring without your large backpack.
- Leisure (optional) - *Pocket booklet, card game, etc.*