

Packing list for long distance hikes

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personal items	x	dog items	x	gear & food	x
hiking boots		well-fitting harness		tent	
hiking socks		hands-free leash		isolation mattress	
hat		food for the first days		sleeping bag	x
beanie/head warmer		treats		first-aid kit for humans	
scarf/neck warmer		foldable bowl		GPS tracker + batteries	
gloves		towel		headlamp	
underwear, 5x		favourite toy		hydration bladder	
sports bra, 2x		waterbottle		camera and equipment	
slippers		first-aid kit for dogs		phone and equipment	
Hardshell Jacket		droppings bag		gast stove & lighter	
Shorts		backpack		sun blocker	
Yoga Pants				cooking utensils	
long pants				swiss army knife	
sunglasses				cutlery	
sweater (warm)				cup	
sweater (light)				towel	
swimwear				hiking poles	
rain pants				rain cover for backpack	
sport tops, 2x				ID and credit card	
sport shirts, 2x				money in cash	
watch/fitness tracker				tape	
hair ties, 2x				isotonic drink powder	
hairband (summer)				cereal bars, sweet snacks	
cosmetics of your need				cheese, nuts and dried fruit	
				freeze-dried food	

