

Hiking Essentials Checklist

Whether hiking to a beloved waterfall or summiting a challenging peak, having the right gear is essential. This comprehensive hiking essentials guide covers all you need to know about ten essentials, clothing gear, power gear, dog hiking gear, and more.

10 HIKING ESSENTIALS

- Shelter
- Navigation
- Clothing System
- Sun Protection
- Repair Kit
- Headlamp / Flashlight
- Fire
- First Aid
- Extra Food
- Extra Water

Shelter

Carry some emergency shelter to shield yourself from wind and rain if lost or injured on the trail. Weather conditions can change quickly, especially in mountainous areas, and temperatures drop considerably at night. In general, lightweight insulating goods for shelter should be packed as part of your hiking and camping needs. It is critical to recognize that your tent serves only as an emergency shelter if you continually keep it with you.

When people become lost on a route and need to spend the night outside, one of the biggest

reasons they perish is a lack of shelter. Hypothermia can develop after prolonged exposure to cold conditions like wind, rain, or water. Some of the most excellent places to stay include:

- Ultralight Tarp
- Bivy Sack
- Emergency Blanket

Navigation

Modern navigation equipment comprises five basics for outdoor travel: a map, compass, altimeter watch, GPS device, and personal locator beacon (PLB).

You still need hiking navigation, even if you have a great sense of direction. The best and most reliable method of navigation is using a paper map. You can get one at the trailhead or, on special occasions, at the tourist center. You should also take pictures of any trail maps you find at the beginning of your hike.

Physical maps are the most trustworthy, but digital maps are more convenient. We strongly advise you to have a number of these downloaded on your phone, at least one of which you can use offline in case you lose service on your climb.

- Paper & Digital Map
- Compass
- Altimeter Watch
- GPS Devices

Clothing System

The clothing you wear is some of the most critical hiking essentials! Bringing layers on the trail is vital for comfort and safety, regardless of the season.

Cotton should be avoided in cold situations since wet cotton does not provide insulation, is

challenging to dry, and can make you harder. Cotton traps heat in the heat, which isn't great, either.

Pack a fleece or insulated jacket if there's a chance it'll be cold out or if you'll be out longer than you expect. It can be surprisingly hard on summits or in the shade when you stop for a break, and the temperature difference between mid-day and morning and evening temps can be significant.

- Base Layers
- Mid Layers
- Outer Layers
- Hiking Boots

Sun Protection

Always bring sunglasses, sunscreen, and sun protection clothes with you. Failure to do so can cause sunburn and snow blindness in the short term, as well as accelerated skin aging, skin cancer, and cataracts in the long run.

In the outdoors, quality sunglasses protect your eyes from potentially harmful radiation. Extra-dark glacier glasses are required for extended travel on snow or ice.

Long periods spent outside might expose you to UV rays, which cause sunburn, premature skin aging, and skin cancer. Wearing sunscreen is advised to help decrease your UV exposure.

- Sunglasses
- Suncream
- Sun-Protection Clothing

Repair Kit

A compact repair kit will assist you in repairing a tear in your backpack, a loose trekking pole,

a broken strap, or any other unforeseen problems that may arise while you're out there.

While the contents of repair kits differ depending on the product, multipurpose equipment is always a good idea, such as a pocket knife, leatherman, repair patches, safety pins, or strips of the ever-useful duct tape.

Knives are helpful for gear repair, food preparation, first aid, kindling, and other emergency needs, making them an absolute must for every expedition. Every adult should carry knives in your group.

- Knife
- Repair Patches
- Safety Pins
- Duct Tape

Headlamp or Flashlight

The ability to move through the forest at night is crucial. So, always have some illumination on hand. Most wilderness travelers prefer a headlamp since it frees up your hands for other duties, such as cooking meals or gripping trekking poles.

If you get lost on the route after dark, you'll need a source of light to guide you back to the trailhead. Bring a tiny, lightweight flashlight for hands-free lighting if you don't have a headlamp. Check that the batteries are also charged.

Fire

You must have trustworthy resources for starting and sustaining a fire in an emergency. Many individuals prefer disposable butane lighters, but waterproof matches or containers for matches are also viable alternatives. Convenience shop matchbooks could be more flimsy and better built to be trusted for outdoor usage.

As the name implies, a firestarter is an element that aids in starting a fire and is essential in wet conditions. The ideal firestarter ignites fast and maintains heat for several seconds. Dry fuel in a plastic bag, candles, priming paste, and heat "nuggets" are all options.

First Aid

It is essential to have a first-aid kit on hand and know how to use its contents. Many people customize pre-assembled first aid kits to match their requirements, but they are a great time-saver for those who don't want to take any chances.

Investing in a portable and lightweight first aid kit that you can take in your bag alongside your hiking essentials is a good idea. While an emergency is unlikely, things like blisters, cramping, and minor cuts can happen, and it's always a good idea to be prepared.

Blister treatments, sticky bandages of various sizes, multiple gauze pads, adhesive tape, disinfectant ointment, over-the-counter pain medicine, pen and paper, and gloves should all be included in any pack.

Extra Food & Water

Your body requires water to function correctly. Bringing extra water, and even a water filter for extended walks in case you run out, is a must-have day hiking requirement while peak-bagging.

Staying hydrated in any weather can help you avoid dehydration or altitude sickness but also lets you feel good and have fun.

It's crucial always to have enough food on hand, but the goal of storing extra is genuinely for an emergency. It is preferable to bring a little more than you need. You'll also be expending more calories than usual, so don't skimp on snacks and nourishment.

HIKING POWER GEAR

A portable power station is a battery-powered inverter generator with an AC outlet, a DC carport, and USB charging power connections to your outdoor electronics, such as a mini cooler, coffee maker, CPAP machine, and more.

Jackery Explorer power stations are an incredible power source for your activities, whether camping, living off-grid, or needing a backup power supply. Compared to alternatives, it is up to 30% lighter and smaller.

It has an ergonomic handle design makes it easy to carry anywhere you want to explore.

Jackery offers portable power solutions ranging from 160W to 3000W and can power up to 99% of appliances.

Jackery is a well-known producer of high-quality solar equipment, such as solar panels, power stations, and solar generators. The Jackery Explorer portable power stations have intelligent BMS and advanced temperature sensors, elevating safety to new heights. They are quiet and efficient even at 14°F (-10°C).

- Jackery Explorer 300 portable power station¹
- Jackery Explorer 500 portable power station²

The Jackery Explorer 300 portable power station has a power capacity of 293Wh and can power tiny electrical devices such as drones, mini-coolers, CPAP machines, etc. The upgraded multipurpose outputs, which include two pure sine wave AC outlets, a 60W type C PD connector, and a QC 3.0 port, let you power up to six intelligent devices simultaneously.

The Jackery Explorer 300 Portable power station can be charged in 3.5 hours (0-80%) utilizing

¹ Jackery Explorer 300: <https://www.jackery.com/products/explorer-300-portable-power-station>

² Jackery Explorer 500: <https://www.jackery.com/products/explorer-500w-portable-power-station>

SolarSaga 100W solar panels. For quicker charging, combine the wall outlet and the USB-C PD port. Car outlets and wall outlets are two other charging options.

Series	Capacity	Ports	Recharge Time	Hiking Appliances
Jackery Explorer 300	293Wh	1*60W PD USB-C 1* QC3.0 USB-A 1*Carport 2*AC Output	1*SolarSaga 100W: 5H	Light(5W): 46.9H
			Wall Charging: 4.5H	GPS(50W): 4.7H Phone(29W): 8.1H
			Car Charging: 5H	Drone(60W): 3.9H Headphone(5W): 46.9H

The Jackery Explorer 500 portable power station charges low to high-power appliances for extended periods. The power station is suitable for outdoor adventurers and emergency home backup solutions, with a high battery capacity of 518Wh, a foldable handle, an ergonomic design, and industry-leading BMS technology. With a weight of about 13.32 lbs, it is incredibly portable.

The Jackery Explorer 500 portable power station has 1 AC outlet, 2 DC ports, 3 USB-A connections, and one vehicle port for charging low to high-power appliances such as an air pump, CPAP machine, fan, flashlight, and more.

Series	Capacity	Ports	Recharge Time	Hiking Appliances
Jackery Explorer 500	518Wh	3*USB Outputs 1*AC Output 1*12V Carport 2*DC Output 1*DC Input	1*SolarSaga 100W: 9.5H	Light(5W): 82.9H
			Wall Charging: 7.5H	GPS(50W): 8.3H Phone(29W): 14.3H
			Car Charging: 7.5H	Drone(60W): 6.9H Headphone(5W): 82.9H

DAY HIKING ESSENTIALS

A backpacking trip or a thru-hike are examples of multi-day hiking adventures, but a day hike is any outing on foot that can be finished in a single day. A day hike can range from a stroll

through your neighborhood park to a 4-hour journey up your nearby mountain. Outside and enjoying nature for 2 or 12 hours has substantial mental and physical advantages.

However, a 2-hour trip and a 12-hour hike differ regarding preparation and equipment. The more clothing, gear, food, and water you'll need, the more extended and distant the trip, and the more adverse the weather. The following are the day hiking essentials:

- Hiking Daypack
- Clothing & Footwear
- Food & Water
- Navigation Tool
- First Aid Kit

HIKING WITH DOY ESSENTIALS

Allow your dog to transport their belongings with a specially made doggy backpack. These clever tiny backpacks, made of robust, lightweight, and dog-proof materials, can instantly transform your spoiled canine into a pack hound.

The two pannier pockets, which look more like a saddlebag than a backpack, are meant to distribute weight across your dog's back equally, and the adjustable harness is secured under your dog's chest and belly. The contents, made of weather-resistant nylon or polyester, will stay dry in mild rain, and some come with hydration bladders and additional gear loops and straps.

- Dog Backpack
- Dog Bowl
- Dog Food
- Dog Toy

ABOUT JACKERY

Jackery is the world's leading portable power solutions provider. We design, develop and manufacture portable power products for phones, laptops, cameras, drones, and more. We are dedicated to providing our customers with sustainable and reliable power solutions. Our products are designed to be safe, easy to use, and environmentally friendly. With over 100 patents and industry-leading technology, we constantly innovate to bring you the best portable power solutions. Jackery products are available in over 100 countries and have been recognized by Forbes, Time, GQ, Esquire, and more.