

# Clothing for Backpacking and Day Hiking

## FOR BACKPACKING

### The Essential Items:

Hiking Boots (suited to terrain)  
Hiking socks (plus spares)  
Insulating Layers (jacket, sweater, vest)  
Long sleeve shirt (wicking) (for sun, bugs)  
Short sleeved shirt (wicking)  
Long under wear (wicking)  
Base layers (top & bottom)  
Good Sleepwear (wicking)  
Warm pants  
Pants (quick drying)  
Shorts (or zip off hiking pants)  
Rain gear (jacket & pants)  
Toque  
Gloves/mitts  
Sun hat  
Sunglasses  
Gaiters  
Sandals (for creek/river crossing & in camp)  
Bandana or buff

### Some Additional Items:

Change of clothes for the trail head

## FOR DAY HIKING

### The Essential Items:

Hiking Boots (suited to terrain)  
Hiking socks (extra pair, optional)  
Insulating Layers (jacket, sweater, vest)  
Long sleeve shirt (wicking) (for sun, bugs)  
Long underwear (wicking)  
Base layers (top & bottom)  
Short sleeved shirt (wicking)  
Pants (quick drying)  
Shorts (or zip-off hiking pants)  
Rain gear (jacket & pants)  
Toque  
Gloves/mitts  
Sun hat  
Sun glasses  
Gaiters (optional)  
Sandals (for creek/river crossings)  
Bandana or Buff

### Some Additional Items:

Change of clothes for the trail head  
Change of footwear for the ride home

## Some Helpful Suggestions:

- ❖ Depending on where you are going, the terrain, the length of your trip, weather and season, some of the items listed here may be optional.
- ❖ When backpacking never carry more than 20 to 30% of your body weight (this includes the pack, your boots, food and gear)



**Sources from:** Mountain Equipment Co-op – [www.mec.ca](http://www.mec.ca)  
REI – [www.rei.com](http://www.rei.com)  
Campers Village – [www.campers-village.com](http://www.campers-village.com)  
Backpacker – [www.backpacker.com](http://www.backpacker.com)  
[www.outdooradventurecanada.com](http://www.outdooradventurecanada.com)