

PalestineTrails.com Packing List

Day trip only:

- Navigation
 - Compass.
 - GPS device and extra batteries.
 - Topographical maps.
- Sun Protection
 - Hat or “Hatta” (the scarf worn in many configurations by locals).
 - Sunscreen.
 - Sunglasses.
- Insulation
 - Extra shirt or jacket.
 - Rain layer (If hiking in the winter).
 - Insulated jacket (If hiking in the winter).
- Illumination
 - Headlamp and extra batteries.
- First Aid Supplies
 - Bandages and plasters.
 - Moleskin or other blister treatment
 - Antiseptic wipes to clean wounds.
 - Pain reliever/fever reducer, such as acetaminophen/paracetamol or ibuprofen.
 - Antihistamine, such as Benadryl (Diphenhydramine).
 - EpiPen or other epinephrine auto-injector in case of bee-sting allergy.
 - Tweezers.
 - Sanitary gloves.
- Fire
 - Lighter, waterproof matches, and/or other fire-starters.
- Repairs & Tools.
 - Pocket knife or multitool.
 - Strips of duct tape.
 - Needles and strong thread.
 - Repair kits for any items in your pack (e.g. inflatable mats, stoves).
- Nutrition
 - Snacks high in energy and protein, including nuts and fruit, granola bars, or energy bars.
- Hydration

- Minimum 3 liters is recommended for a day hike; it's always better to have more than less.
- Water purification (filter, Steripen, tablets) to treat natural water sources.
- Emergency shelter
 - Light tarp and ropes to pitch it.

For **multi-day backpacking** trips, you might add the following:

Sleep System

- Lightweight backpacking tent.
- Sleeping bag or quilt.
- Sleeping pad (Important for insulation as well as comfort).

Clothing

- Changes of clothes, especially socks.
- Clothing for all weather conditions: hot, cold, sunny, rainy, snowy and windy.
- Flip-flops or other evening/camp footwear

Sanitation

- Travel towel.
- Soap and/or hand sanitizer.
- Personal toiletries.
- Toilet paper and a trowel to dig catholes.
- Extra plastic bags to pack out garbage.

Cooking

- Multi-fuel camp stove.
- Cookware (Pots, cups, and utensils)

Other Helpful Items

- Insect repellent.
- Chargers and extra batteries for electronics.
- Trekking poles.