|  |  |
| --- | --- |
| 1. **Backpack and Luggage**  * **Main Backpack**: 50-65L with adjustable straps (Sample: Osprey Farpoint 55) * **Daypack**: Small pack for day hikes (Sample: REI Flash 22) * **Dry Bags**: To protect electronics and sensitive items from water * **Packing Cubes**: For organizing clothes  2. **Clothing**  * **T-Shirts**: Quick-drying, moisture-wicking (Sample: Columbia Silver Ridge Shirt) * **Pants/Shorts**: Comfortable for hiking (Sample: REI Co-op Sahara Convertible Pants) * **Thermal Layer**: For colder climates (Sample: Patagonia Capilene Midweight) * **Underwear**: Quick-drying, 3-5 pairs (Sample: ExOfficio Give-N-Go Boxer Briefs) * **Socks**: Moisture-wicking, wool or synthetic (Sample: Smartwool Hike Light Crew Socks) * **Jacket**: Lightweight, packable, water-resistant (Sample: The North Face Venture 2) * **Hat**: For sun protection (Sample: Columbia Bora Bora Booney Hat) * **Gloves**: For cold weather (Sample: REI Co-op Polartec Gloves)  3. **Footwear**  * **Hiking Boots**: Waterproof, sturdy support (Sample: Salomon Quest 4D 3 GTX) * **Sandals**: Lightweight for evenings (Sample: Teva Hurricane XLT2) * **Camp Shoes**: Flip-flops or lightweight shoes (Sample: Crocs Classic Clog)  4. **Toiletries**  * **Toothbrush and Toothpaste**: Travel-sized (Sample: Colgate Travel Toothbrush) * **Shampoo & Soap**: Biodegradable (Sample: Dr. Bronner's Magic Soap) * **Towel**: Quick-drying, compact (Sample: Sea to Summit Microfiber Towel) * **Toilet Paper**: Small roll, biodegradable (Sample: Coleman Toilet Paper) * **Hand Sanitizer**: Small bottle (Sample: Purell Advanced Hand Sanitizer) * **Tissues**: Compact pack  5. **Electronics**  * **Smartphone**: With offline maps and apps (Sample: iPhone 14) * **Power Bank**: For charging devices on the go (Sample: Anker PowerCore 10000) * **Headlamp**: Lightweight with extra batteries (Sample: Petzl Actik Core) * **Camera**: For capturing memories (Sample: GoPro Hero10) * **Earphones/Headphones**: For downtime (Sample: Bose QuietComfort 35 II)  6. **Food & Water**  * **Water Bottle**: 1-2L, reusable (Sample: Nalgene Wide-Mouth Bottle) * **Water Filter**: For refilling from streams (Sample: Sawyer Squeeze Water Filter) * **Energy Snacks**: Granola bars, nuts, dried fruit (Sample: Clif Bar) * **Meals**: Freeze-dried meals (Sample: Mountain House Beef Stroganoff) * **Stove**: Lightweight camping stove (Sample: MSR PocketRocket 2) | 7. **Camping Gear**  * **Tent**: Lightweight, weather-resistant (Sample: Big Agnes Copper Spur HV UL2) * **Sleeping Bag**: Appropriate for the climate (Sample: Marmot Trestles 30°F) * **Sleeping Pad**: For insulation and comfort (Sample: Therm-a-Rest NeoAir Xlite) * **Camping Pillow**: Compact and inflatable (Sample: Sea to Summit Aeros Pillow) * **Camping Chair**: Lightweight (Sample: Helinox Chair One)  8. **First Aid & Health**  * **First Aid Kit**: Basic supplies (Sample: Adventure Medical Kits Ultralight) * **Medications**: Prescriptions, pain relievers (Sample: Advil, personal meds) * **Blister Treatment**: Bandages, moleskin (Sample: Compeed Blister Plasters) * **Sunscreen**: SPF 30 or higher (Sample: Banana Boat Ultra Sport) * **Insect Repellent**: DEET-based or natural (Sample: Sawyer Permethrin Clothing Spray)  9. **Safety & Navigation**  * **Map**: Printed map of the area or guidebook (Sample: National Geographic Trails Illustrated Map) * **Compass**: For navigation (Sample: Suunto M-3D) * **Whistle**: For emergencies (Sample: Fox 40 Classic Whistle) * **Multi-tool**: Compact and versatile (Sample: Leatherman Wave Plus)  10. **Miscellaneous**  * **Notebook & Pen**: For journaling (Sample: Moleskine Classic Notebook) * **Travel Locks**: For luggage security (Sample: Master Lock Combination Lock) * **Sunglasses**: UV protection (Sample: Ray-Ban Wayfarer) * **Plastic Bags**: For trash and dirty laundry * **Hand Wipes**: For cleaning hands and gear (Sample: Wet Ones Antibacterial Wipes)  11. **Personal Documents**  * **Identification**: Passport or ID (Sample: U.S. Passport) * **Travel Insurance**: Policy details (Sample: Allianz Travel Insurance) * **Emergency Contacts**: List of emergency numbers |

This list will help ensure you're prepared for a fun, smooth, and comfortable road trip!