

BEGINNER HIKING GEAR CHECKLIST

<p>CLOTHING</p> <ul style="list-style-type: none">- Base layer (top + bottom)- Mid layer (fleece)- Waterproof shell jacket- Hiking pants- Wool or synthetic socks- Hat / beanie- Lightweight gloves (if cold) <p>FOOTWEAR</p> <ul style="list-style-type: none">- Hiking shoes or boots- Optional: gaiters <p>BACKPACK</p> <ul style="list-style-type: none">- 20–30L daypack- Rain cover (if needed) <p>WATER & FOOD</p> <ul style="list-style-type: none">- 1–2L water- Snacks (nuts, fruit, bars, sandwiches) <p>SAFETY & NAVIGATION</p> <ul style="list-style-type: none">- Headlamp- Phone with offline maps- Small first aid kit- Emergency blanket- Whistle- Multi-tool or small knife- Lighter or matches	<p>USEFUL EXTRAS</p> <ul style="list-style-type: none">- Trekking poles- Sunscreen- Sunglasses- Lip balm- Tissues / toilet paper- Hand sanitizer- Small trash bag <p>WEATHER-DEPENDENT</p> <ul style="list-style-type: none">- Warm mid-layer- Buff / neck gaiter- Rain pants- Microspikes (winter)- Insect repellent <p>MINIMALIST SETUP (SHORT TRAILS)</p> <ul style="list-style-type: none">- Comfortable shoes- Water- Light jacket- Phone- Snack- Headlamp- Mini first aid kit
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