

CHECKLIST -- AMAZON BACKPACKING GEAR RECOMMENDATIONS

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GEAR

- NEVO RHINO 12L **Day-Hike/Running Backpack** <https://amzn.to/4nSla1K>
- NEVO RHINO Internal Frame **Hiking Backpack 50L+** <https://amzn.to/4hqczHC>
- Featherstone **Backpacking Tent** (freestanding 1p) <https://amzn.to/3JebQWQ>
- KINGGEAR Nordic **Trekking Poles** <https://amzn.to/3WgTKGL>
- Katadyn BeFree 0.6L **Water Filter** <https://amzn.to/4ne6Tvd>
- EZ-Clean Membrane **Filter Cartridge** for Katadyn Be Free <https://amzn.to/4oy3zfD>
- Cnoc Outdoors VectoX **Durable Water Container**, 42mm <https://amzn.to/4qj4TVh>
- Nitecore NU25 MCT UL 400 Lumens **Headlamp**, USB-C <https://amzn.to/4hj72Mq>
- Victorinox **Swiss Army Knife** with Scissors & tweezers <https://amzn.to/3KW78xG>
- 20000mAh **Power Bank** with 4 Built-in Cables <https://amzn.to/4now1Qc>

HYGIENE

- **Pee Cloth** <https://amzn.to/3WROYQ5>
- Kuvik Titanium **Trowel** <https://amzn.to/4nhdDZg>
- CuloClean **Portable Bidet** <https://amzn.to/4n6S4KN>
- Simpleaf Flushable Unscented **Single Pack Wet Wipes** <https://amzn.to/47hyNAz>
- Dr. Bronner's - **Pure-Castile Liquid Soap** Unscented <https://amzn.to/4otaoPx>
- CRYSTAL™ Travel Stick **Mineral Deodorant** (Pack of 2) <https://amzn.to/470ptlO>
- Sweat Absorbing Handkerchiefs <https://amzn.to/4na4kKv>
- **Dry Microfiber Travel Hand Towel** with Hang Loop <https://amzn.to/48xYmQ9>
- **Leukotape** Adhesive Strapping, Tan (1 Roll) <https://amzn.to/4oA0n36>

CLOTHING

- ALTRA Women's Lone Peak 7 **Trail Running Shoe** <https://amzn.to/4on8kbG>
- Little Donkey Andy Convertible Pants, **Hiking Pants** <https://amzn.to/4ouDiyJ>
- Yoga Flare Leggings High Waisted Cargo **Thermal Bootcut Pants** <https://amzn.to/4njf4GL>
- Lightweight Water-Resistant **Packable Puffer Vest** <https://amzn.to/4ndvvUL>
- Merino Protect **Wool T Shirts**, Crew Neck, Short Sleeve <https://amzn.to/3J3hkUt>
- Smartwool Women's Active Ultralite High Neck **wool Tank Top** <https://amzn.to/4qgGyiN>
- Merino.tech Merino **Wool Base Layer** Women Set <https://amzn.to/3Wnk86s>
- **Toe Socks** Coolmax Five Finger Ankle - 3 Pairs <https://amzn.to/47oAfBo>
- Women's Quick Dry High-Ponytail **Baseball Cap** <https://amzn.to/3ITm1jL>
- BeltBro For Women No Buckle **Elastic Belt** <https://amzn.to/4n9EhDv>
- **Hooded Rain Poncho** for Adult with Pocket & grommets <https://amzn.to/4o2Inyu>
- Bikewa Cycling **Rain Jackets** <https://amzn.to/46ZjiOR>
- 33,000ft **Rain Pants** Overall Pant <https://amzn.to/3KW6qAw>
- Nikwax **Wool Wash** detergent, 300ml <https://amzn.to/3KWj3eQ>



COOKING & FOOD

- GSI Outdoors Infinity **Backpacker Mug** 17 oz <https://amzn.to/4qjH7Z6>
- Small **Shaker Bottle** w. Measurement & Whisk ball <https://amzn.to/47tF2m5>
- Titanium Long Handle **Spork** 8.7 <https://amzn.to/3ISOUwr>
- **TOAKS Titanium** 1100ml Pot with Pan <https://amzn.to/43ajGYD>
- **BearVault** Canister for Backpacking <https://amzn.to/4n9ldVL>
- Orange Fuel Can **Stabilizer** for Camping Stoves <https://amzn.to/49a1aDc>
- Small pocket **Camping Stove** Burner <https://amzn.to/43tlMmd>
- **Large JetBoil-type Stove System** for Hiking <https://amzn.to/3Lj58zr>
- **Portion Control Storage Bags (vertical)** 1 cup <https://amzn.to/4gkun4G>
- **Smelly Proof Snack Bags** Stand-Up & Fill - 10pk <https://amzn.to/4njOeOF>
- **Peak Refuel Homestyle Chicken and Rice** <https://amzn.to/3KWlcHq>
- LMNT Zero Sugar **Electrolytes** drink mix – 8 ct Sample Pack <https://amzn.to/4nkyeM9>
- NEVISS Digestive **Enzymes** + probiotics Gummies <https://amzn.to/4nYcUNI>
- NOW Supplements, **Super Enzymes** <https://amzn.to/3JiHyCi>
- **Magnesium** Glycinate Gummies 600mg Sleep, Relaxation <https://amzn.to/49c7VV8>

SLEEP & COMFORT

- **Sit Pad**, Foldable Waterproof Z <https://amzn.to/4qi2j1P>
- NEMO Tensor Ultralight **Insulated Sleeping Pad** -wide <https://amzn.to/47yH3NK>
- NEMO Disco **Down Sleeping Bag** <https://amzn.to/3WQa29C>
- Get Out Gear **Down Camping Blanket** <https://amzn.to/49bx6XS>
- Ultralight Sleeping **Bag Liner** <https://amzn.to/3L0bUtW>
- Therm-a-Rest Compressible **Backpacking Pillow** <https://amzn.to/46Zgwcp>
- Ultralight Backpacking **Inflatable** Pillow <https://amzn.to/4n9iXxL>

OTHER / ORGANIZATION

- 2ML Plastic Empty Squeezable **Dropper Bottles** <https://amzn.to/3J7AicA>
- 10ML Plastic **Dropper** Bottles, 15 Pcs <https://amzn.to/3WerDba>
- **Windproof Torch Flame** Lighters <https://amzn.to/4hfShKo>
- Small **First Aid Kit**, Ultralight Water-Resistant <https://amzn.to/47haHps>
- Ziploc **Gallon Food Storage Freezer Bags** <https://amzn.to/479QCTv>
- Ziploc **Quart Food Storage Freezer** Bags, Stay Open <https://amzn.to/4nW05n5>
- **6PCS Dry Bags Waterproof**, Lightweight <https://amzn.to/4n9Gjn7>
- **Drawstring Bags** stuff sack 5 Pieces <https://amzn.to/470pzda>
- Fluorescent **Reflective Guyline** Tent Rope <https://amzn.to/4o0OdAo>
- Refillable **Keychain Bottles – Hand Sanitizer**, Sauce <https://amzn.to/4onblTW>
- GEAR AID Tenacious Tape **Mini Patches** <https://amzn.to/4o8Tupl>
- Nikwax **Down, DUO-Pack**, Wash-In Clean and *Waterproof* <https://amzn.to/48xWGWR>
- Waterproof **Fanny Pack**, adjustable <https://amzn.to/4hadGRe>

- Nikwax BaseWash <https://amzn.to/47ym1Pm>
- Nikwax TX.Direct Wash-In Waterproofing <https://amzn.to/472SNrW>
- Durvet Permethrin 10%, 8oz <https://amzn.to/4ooeY1f>

THANK YOU!

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