What to Pack

Matt Alias - 2026-11-10 - Commentaire (1) - Chapter 1: Planning Your Trip

What you carry makes a big difference to how the day feels. Too little and you are uncomfortable, too much and every step is harder. The aim is to carry everything you need and nothing you do not.

The basics

Start with the items that matter most. Water, food, a map and warm clothing come before anything else. Add the extras only once the essentials are packed.

1. Water, at least one litre for every two hours of walking
2. Snacks that give steady energy, such as nuts, fruit and oat bars
3. A paper map and a compass, even if you also use a phone
4. A warm layer and a waterproof jacket
5. A small first aid kit with plasters and a bandage

Packing list by trip length

Use this table to check you have the right amount for the day.

Item	Short walk	Full day	Overnight
Water	1 litre	2 litres	3 litres plus a filter
Food	A snack	Lunch and snacks	All meals and spare food
Extra layer	Optional	Yes	Yes, plus a hat and gloves
Torch	No	Yes	Yes, with spare batteries

Warning

Never rely on a phone as your only way to find your way. Batteries drain quickly in the cold and signal is often weak in hills and valleys.

A simple checklist

Some walkers keep a short checklist file so nothing is forgotten. Here is a small example you can adapt.

```
#!/bin/bash
# Pre-walk checklist
items=("water" "food" "map" "compass" "jacket" "first aid" "torch")
for item in "${items[@]}"; do
  read -p "Packed $item? (y/n) " answer
  [ "$answer" = "y" ] || echo "Remember to pack: $item"
done
```

Run it the night before, and again as you leave the house.