

## Jordan Trail Packing List

Day trip only:

- Navigation
  - Compass
  - GPS device and extra batteries
  - Guidebook or topographical maps (if available, though these maps are not readily available in Jordan - see "Navigation")
- 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 and 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