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| 1. **Clothing**  * Hiking boots * Moisture-wicking socks (3-4 pairs) * Hiking pants/shorts * Lightweight, breathable shirts (2-3) * Waterproof jacket or windbreaker * Hat or cap for sun protection * Gloves (if hiking in colder conditions) * Base layers (thermal shirt/pants, if needed)  2. **Camping Gear**  * Tent (with stakes and guylines) * Sleeping bag (appropriate for the weather) * Sleeping pad or air mattress * Camping stove or portable grill * Cooking utensils (pot, pan, spatula, etc.) * Lighter and waterproof matches * Headlamp or flashlight (with extra batteries) * Multi-tool or knife * Lantern (if camping overnight)  3. **Food and Water**  * Non-perishable meals (freeze-dried meals, trail mix, energy bars) * Water bottles or hydration system (e.g., Camelbak) * Water purification tablets or filter * Cooler (if necessary for perishables) * Portable utensils (fork, knife, spoon)  4. **Personal Items**  * Sunscreen (SPF 30 or higher) * Lip balm with SPF * Insect repellent * First-aid kit (bandages, antiseptic wipes, pain relievers, etc.) * Personal hygiene items (toothbrush, toothpaste, hand sanitizer) * Towel (quick-dry or camp towel) | 5. **Navigation and Communication**  * Map of the trail or area * Compass or GPS device * Fully charged phone (in a waterproof case) * Emergency whistle * Portable power bank  6. **Safety and Survival Gear**  * Emergency blanket or bivy sack * Firestarter kit * Duct tape (for quick repairs) * Paracord (for building shelters or other uses) * Bear spray (if camping in bear country)  7. **Additional Optional Items**  * Hiking poles * Camera or GoPro * Lightweight backpack for day hikes * Book or journal for leisure * Camp chair or hammock * Trash bags (leave no trace) |

### This list can be customized based on the trip duration, weather, and specific activities, such as fishing or cooking over a campfire.