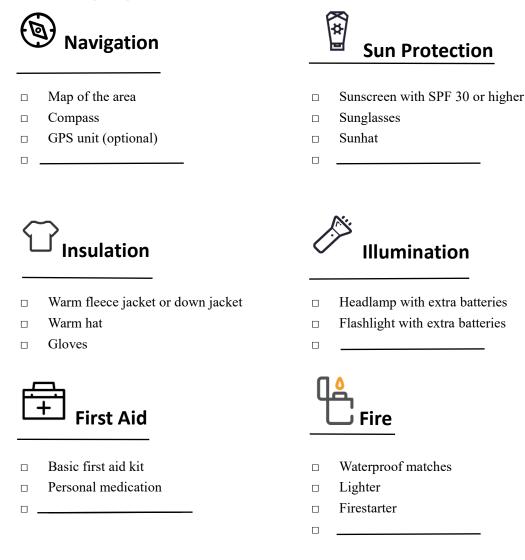


3 Days Backpacking Gear Checklist

Backpacking is a thrilling and fun outdoor activity. However, it can be dangerous if you are not prepared for it. The Ten Essentials system is a set of items that every hiker should have, and it's recommended to be carried on every hike. Here is a detailed 3-Day backpacking gear checklist based on the principle of the Ten Essentials system:





- ☐ Multi-tool and Trekking Pole
- □ Duct tape
- □ Sewing kit
- □ Spare batteries



- □ Water bottles or hydration bladder
- □ Water filter or purification tablets



- □ 3 liters of water
- □ Water filter or purification tablets
- □ Energy bars
- □ Trail mix
- ☐ Freeze-dried meals



Emergency shelter

- □ Tent or tarp
- □ Sleeping bag
- □ Sleeping pad