

DAY HIKING CHECKLIST



Intentionally comprehensive so you don't forget anything, our checklist for day hikers starts with the required Ten Essentials. Adapt those and the remaining items on the list based on weather and the remoteness of destination, as well as the experience and preferences of your group.

THE TEN ESSENTIALS

- 1 Navigation (map, compass)
- 2 Sun Protection (sunscreen, sunglasses)
- 3 Insulation (extra clothing, see below)
- 4 Illumination (headlamp, batteries)
- 5 First-aid supplies
- 6 Waterproof matches; firestarting material
- 7 Repair kit and tools (knife, repair supplies)
- 8 Nutrition (extra food)
- 9 Hydration (water bottle/reservoir, filter)
- 10 Shelter (tent/bivy/reflective blanket)

CLOTHING

Avoid cotton and adjust each layer based on the forecast; always prepare, too, for the chance that conditions will turn colder, wetter and windier.

- Wicking T-shirt or long-sleeve top
- Wicking short or long underwear bottoms
- Socks
- Quick-drying pants or shorts
- UPF-rated shirt
- Sun hat and/or rain hat
- Insulating hat or headband
- Fleece or soft-shell jacket or vest
- Bandana or Buff
- Mosquito net clothing
- Rain jacket
- Rain pants
- Fleece pants
- _____
- _____

FOOTWEAR

- Hiking boots or shoes
- Gaiters
- Watersport sandals
- _____
- _____

TOILETRIES

- Toilet paper
- Sanitation trowel
- Menstrual and urinary products
- Waste bags
- Hand sanitizer
- _____

ELECTRONICS

- Multifunction watch
- Cellphone and waterproof case
- GPS
- Camera and accessories
- Two-way radios
- Satellite messenger
- Personal locator beacon
- _____
- _____

OTHER RECOMMENDED ESSENTIALS

- Daypack
- Energy beverages or drink mixes
- Lunch utensils
- Drinking cup
- Quick-dry towel
- Insect repellent
- Whistle
- Binoculars
- Trekking poles
- Route description or guidebook
- Interpretive field guide(s)
- Outdoor journal
- Bag for collecting trash
- Post-hike snacks, water, towel, clothing
- Itineraries: 1 left with friend; 1 under car seat
- _____
- _____
- _____