

CHECKLIST

DAY HIKE



This list is intended for day hikes in the backcountry. It includes many more items than you'll need for short trips near developed areas but it can be adapted to fit your needs

GEAR

- Daypack
- Hiking Poles (Optional)
- _____

CLOTHING/FOOTWEAR

- Lightweight Fleece or Jacket
- Longsleeve Shirt (Sun Protection)
- Moisture Wicking T-Shirt
- Quick Drying Shorts/Pants
- Moisture Wicking Underwear
- Socks
- Hiking Boots (Or Shoes Suited for the Terrain)
- Extra Clothes (In Case of Accident or Emergency)
- _____

Additional Items for Rain/Cold Weather

- Rainwear (Jacket/Pants)
- Warm Insulated Jacket or Vest
- Warm Hat
- Gloves
- Fleece Pants
- _____

FOOD & WATER

- Water Bottle/Reservoir
- Lunch
- Trail Snacks
- Water For Dog (If Applicable)
- Dog Food (If Applicable)
- _____

NAVIGATION

Smart phones and other forms of technology will handle most navigational needs. Other alternatives included for those who prefer.

- GPS
- Route Description (Downloaded on App)
- Smart Watch/Altimeter Watch
- Compass
- Paper Map (If Preferred)
- Guidebook (If Preferred)

TOOLS

- Knife or Multi-Tool
- Small Gear Repair Kit
- _____

EMERGENCY ITEMS

- First Aid Kit
- Lighter/Matches/Firestarter
- Emergency Shelter
- Bear Spray
- Itinerary to Leave in Car and with Friend
- _____

HEALTH & HYGIENE

- Sunscreen
- SPF Lip Balm
- Sunglasses
- Hat
- Insect Repellent
- Hand Sanitizer
- Baby Wipes
- Toilet Paper
- Menstrual Products
- Urinary Products
- Necessary Medications
- _____

PERSONAL ITEMS

- Cell Phone
- Credit Card or Cash
- Portable Charger
- Camera/GoPro
- ID
- _____