



# DAY HIKING CHECKLIST

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## Day Hiking Necessities:

- Comfortable hiking backpack
- First aid kit, including blister care and Benadryl for bee stings
- Camelbak
- Plenty of food and snacks
- Hiking permits
- Garbage bags
- Optional: Emergency bivy sack*

## Day Hiking Navigation:

- Cell phone and external battery
- Trail map (download to your phone before leaving cell service)
- GPS unit or watch
- Topographic map
- Compass with a mirror
- Guidebook
- Optional: Satellite phone*
- Optional: Personal locator beacon*
- Optional: Map case*
- Optional: Water-tight plastic bags to protect your maps*
- Optional: Survival bracelet*

## Day Hiking Hygiene And Health:

- Toilet paper
- Trowel
- Hand sanitizer
- Bio degradable wipes
- Sunscreen
- Lip balm with SPF
- Bug spray or bug wipes
- Prescription medications
- Toiletries
- Contact lenses (disposable)
- Feminine hygiene products
- Optional: Quick-dry towel*
- Optional: Knee support*

## Day Hiking Tools:

- Waterproof matches or fire starters
- Utility knife or multi-tool with a knife
- Whistle
- Optional: Extra batteries*
- Optional: Spork*
- Optional: Headlamp for early morning starts*

## Day Hiking Clothing:

- Hiking shoes fit for the occasion
- Wool socks
- Hiking pants
- Gaiters
- Sunglasses
- Optional: Extra pair of socks*

## Spring/Summer hiking clothing:

- Breathable underwear
- Quick-dry swim shorts
- Sun-protective shirts
- Casual jacket for cool evenings
- Hat
- Bandana
- Optional: Comfortable hiking sandals*
- Optional: Packable rain jacket*

## Fall/Winter hiking clothing:

- Water-resistant rain pants
- Wicking base layer bottom and top
- Long sleeve shirt
- Fleece
- Water-resistant rain jacket
- Down insulated jacket
- Gloves
- Beanie
- Optional: Balaclava*

## Other Hiking Goodies:

- Hiking / trekking poles
- Camera
- Extra water bottles
- Emergency water filter

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