

# CHECKLIST



## DAY HIKING CHECKLIST

Our checklist for day hikers features required and optional gear, clothing and accessories. The list is intentionally comprehensive so you don't forget anything.

### THE TEN ESSENTIALS

For safety, survival and basic comfort.

#### 1. NAVIGATION

- Map (with protective case)
- Compass
- Altimeter (optional)
- GPS (optional)

#### 2. SUN PROTECTION

- Sunscreen
- Lip balm
- Sunglasses

#### 3. INSULATION (See: Clothing)

- Jacket
- Vest
- Long Underwear
- Hat
- Gloves

#### 4. ILLUMINATION

- Headlamp or flashlight
- Extra batteries

#### 5. FIRST-AID SUPPLIES

- First-aid kit (see our First-Aid Checklist)

#### 6. FIRE

- Matches or lighter
- Waterproof container
- Fire Starter (for emergency survival fire)

#### 7. REPAIR KIT AND TOOLS

- Knife or multi-tool
- Kits for stove, mattress; duct tape strips

#### 8. NUTRITION

- Extra day's supply of food

#### 9. HYDRATION

- Water bottles or hydration system
- Water filter or other treatment system

#### 10. EMERGENCY SHELTER

- Tent
- Tarp
- Bivy or Reflective blanket

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### BEYOND THE TEN ESSENTIALS

- Daypack
- Lunch
- Snacks (energy bars, gels, chews, trail mix)
- Energy beverages or drink mixes
- Utensils
- Cups
- Toilet Paper
- Sanitation trowel
- Hand sanitizer
- Insect repellent
- Whistle
- Binoculars
- Trekking poles
- Bag for collecting trash
- Route description or guidebook
- Interpretive field guide(s)
- Outdoor journal with pen/pencil
- Quick-dry towel
- Post-hike snacks, water, towel, clothing
- Trip itinerary left with friend & under car seat
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- \_\_\_\_\_
- \_\_\_\_\_
- \_\_\_\_\_

### ELECTRONICS

- Multifunction watch
- Camera with camera case
- Helmet cam
- Two-way radios
- Cell or satellite phone
- Personal locator beacon

### WARM WEATHER CLOTHING

- Wicking T-shirt
- Wicking underwear
- Quick-drying pants or shorts
- Long-sleeve shirt (for bugs, sun)
- Sun-shielding hat
- Insulating fleece jacket or vest
- Bandana or Buff
- Mosquito net clothing
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### COOL WEATHER CLOTHING

- Wicking long-sleeve T-shirt
- Wicking long underwear
- Hat, cap or headband (synthetic or wool)
- Gloves or mittens
- Insulating fleece jacket (or vest) and pants
- Rain jacket (or soft shell and waterproof hat)
- Rain pants (or soft-shell pants)
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### FOOTWEAR

- Boots or shoes suited to terrain
- Socks (synthetic or wool)
- Gaiters
- Sandals (for river fording, trip home)
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