

DAY HIKING CHECKLIST

This checklist is deliberately comprehensive and intended for day hikes in the backcountry where being self-sufficient is important to your well-being.



HIKING GEAR

- Daypack

Optional:

- Trekking poles



NAVIGATION

- Map *
- Compass *

Optional:

- Route description/guidebook
- Altimeter watch *
- GPS *
- Satellite messenger and/or personal locator beacon *



TOOLS & REPAIRS

- Knife or multi-tool *
- Small gear-repair kit *



HEALTH & HYGIENE

- Hand sanitizer
- Menstrual products (*if needed*)
- Prescription medications (*if needed*)
- First-aid kit or supplies

Sun protection:

- Sunscreen *
- Sunglasses * (+ *retainer leash*)
- Sun hat *
- SPF-rated lip balm *



CLOTHING/FOOTWEAR

- Moisture-wicking underwear
- Moisture-wicking T-shirts
- Quick-drying pants/shorts
- Long-sleeve shirts (*for sun and bugs*)
- Lightweight fleece or jacket
- Boots or shoes suited to terrain
- Socks (*synthetic or wool*)
- Extra clothes* (*beyond the minimum expectation*)

Additional items for rainy and/or cold weather:

- Rainwear (*jacket and pants*)
- Long underwear
- Warm, insulated jacket or vest
- Fleece pants
- Gloves or mittens
- Warm hat

Optional:

- Bandana or Buff
- Gaiters (*for rainy, snowy, or muddy conditions*)



FOOD & WATER

- Water bottles and/or reservoir *
- Water filter/purifier or chemical treatment *
- Trail snacks
- Lunch
- Extra day's supply of food *



EMERGENCY ITEMS

- First-aid kit or supplies *
- Lighter/matches & Firestarter *
- Emergency shelter *
- Whistle
- Two itineraries: 1 left with friend + 1 under car seat



PERSONAL ITEMS

- Credit card and/or cash
- ID
- Cellphone



DAY HIKING EXTRAS

- Headlamp or flashlight* (*with extra batteries*)
- Camera
- Interpretive field guide(s)
- Outdoor journal/sketchbook with pen or pencil
- Binoculars
- Two-way radios
