



## DAY HIKING CHECKLIST

What you take on each hike will vary depending on weather, distance, and how remote you're going. In all cases, be sure to wear comfortable hiking clothing appropriate for the weather with extra layers whenever they might be needed. A pair of comfortable shoes for hiking are a must too.

While you may not need all the items on this list for every hike you go on, use this as a reference point to see what you might need.

### BASICS

- Hiking Backpack/Daypack
- Hydration Pack or Water Bottle
- Energizing Snacks

### SUN PROTECTION

- Hat
- Buff or Bandana
- Sunglasses
- Sunscreen

### CLOTHING

- Moisture Wicking Tee
- Hiking Shorts, Pants, or Leggings
- Warm Layers
- Rain Jacket
- Windbreaker
- Hiking Socks
- Hiking Shoes

### OTHER

- Trekking Poles
- Headlamp
- Battery Pack
- Water Filter
- Camera
- Bug Spray

### NAVIGATIONAL TOOLS & SAFETY

- Smartphone with Map and Hike Info (saved for offline use)
- Paper Map
- Compass
- GPS Device (Garmin InReach)
- Safety Whistle
- Emergency First Aid Kit
- Lighter/Firestarter Multi-tool
- Basic Repair Kit (items like safety pins, duct tape, and paracord)