

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. The list includes many more items than you'll likely need for short treks in or near developed areas, though you can adapt it to your needs for these trips.

| Hiking Gear | Clothing/Footwear | Food & Water |
|-------------------------------|------------------------------------|---------------------------------------|
| □ Daypack | ☐ Moisture-wicking underwear | ☐ Water bottles and/or reservoir* |
| Optional: | ☐ Moisture-wicking T-shirts | ☐ Water filter/purifier or chemical |
| ☐ Trekking poles | ☐ Quick-drying pants/shorts | treatment* |
| | . □ Long-sleeve shirts (for sun | ☐ Trail snacks |
| - | and bugs) | ☐ Lunch |
| _ | ☐ Lightweight fleece or jacket | ☐ Extra day's supply of food* |
| Novigation | ☐ Boots or shoes suited to terrain | - |
| Navigation | . □ Socks (synthetic or wool) | |
| □ Map* | ☐ Extra clothes* (beyond the | |
| ☐ Compass* | minimum expectation) | Emorgonay Itoms |
| Optional: | Additional items for rainy and/or | Emergency Items |
| ☐ Route description/guidebook | cold weather: | ☐ First-aid kit or supplies* |
| ☐ Altimeter watch* | ☐ Rainwear (jacket and pants) | ☐ Lighter/matches & fire starter* |
| ☐ GPS* | ☐ Long underwear | ☐ Emergency shelter* |
| ☐ Satellite messenger and/or | ☐ Warm, insulated jacket or vest | ☐ Whistle |
| personal locator beacon* | ☐ Fleece pants | ☐ Two itineraries: 1 left with friend |
| | ☐ Gloves or mittens | +1 under car seat |
| | ☐ Warm hat | - |
| Tools & Repairs | Optional: | |
| | . 🗆 Bandana or neck gaiter | Personal Items |
| ☐ Knife or multi-tool* | ☐ Gaiters (for rainy, snowy or | - reisonal items |
| ☐ Small gear-repair kit* | muddy conditions) | ☐ Credit card and/or cash |
| — | . 🗆 | □ ID |
| | . 🗆 | ☐ Cellphone |
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