## 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
- [ ] 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*
- [ ]  
- [ ]  
- [ ]  

### 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 neck gaiter
  - [ ] 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 & fire starter*
- [ ] Emergency shelter*
- [ ] Whistle
- [ ] Two itineraries: 1 left with friend + 1 under car seat
- [ ]  

### Personal Items
- [ ] Credit card and/or cash
- [ ] ID
- [ ] Cellphone
- [ ]  

*These items are part of the Ten Essentials systems.*