



Day Hike Checklist

	✓ Required	✓ Optional
Hiking Gear	Comfortable Day Pack(not string bag)	Trekking Poles
		Waterproof Stuff sacks or Ziploc
Clothing (weather based)	Hiking Boots, broken-in, not broken down	Bandana or Buff
	Socks, wool or synthetic	Gloves or Mittens
	Synthetic Shirt	
	Lightweight Fleece	
	Underwear, synthetic	
	Pants or Shorts, moisture wicking	
	Rain Gear, Jacket and Pants (Bring regardless of forecast)	
	Extra Layer to be packed	
Food & Water	Plenty of Snacks, energy rich	
	Personal Trash Bag	
	1-3 liters, Nalgene bottle or Platypus	Hydration System with tube 2-3L
Safety & Emergency	First Aid Kit, lightweight-Moleskin, bandages, ibuprofen, and other over-the-counter medications, perscription medications (Locate bottom right of pack)	
	Map & Orienteering Compass	Mylar Survival Blanket/Leukotape
	Small Lighter, Fire Starter Striker, or Waterproof Matches	Water purification tablets
	Whistle	Tarp Shelter and rope
	Headlamp with extra batteries	Phone with GPS
	Pocket Knife, Swiss Army or Multi-tool	Foot powder, Trowel
	Sun screen/ Bug protection	Lip Protection/Head Bug Net
Other	Personal Toilet Items: toilet paper & Hand sanitizer	Sun glasses

Special Notes

- ♣ Clothing list includes the clothing worn on the hike.
- ♣ **NO COTTON!** Cotton when wet dries slowly, provides no insulation, can cause blisters and is heavy. All clothing, from head to toe should be wool or synthetic. **NO JEANS!**
- ♣ Always check the forecast for the area in which you will be hiking.
- ♣ Use the Buddy System at all times while hiking.
- ♣ Let others back home know your hiking plan.
- ♣ This is a gear heavy list and emphasizes "Be Prepared" over ultralight hiking. The extra weight can be thought of as good training for overnight backpacking.