

Day Hiking Checklist



Mindset: Plan for the Expected and Unexpected.

When planning for a day hike, research what you can expect from the terrain, weather, and time of year/day you are hiking. Calling a local outfitter or ranger's office can help. Knowing what to expect is far easier than anticipating the unexpected!

Before you venture out, ask yourself, *"Will I have what I need to return home happy and healthy if the trip goes as planned or if things go a bit south?"*.

Below are few items you want to consider carrying in your day pack to take care of what ever you might encounter on trail!

Hiking Gear

- ☐ Daypack
 - 1/2 Day Hike – 10-20L
 - Full Day Hike – 20-35L
- ☐ Trekking Poles

Navigation

- ☐ Map and Compass
- ☐ GPS and Batteries
 - In difficult terrain or locations without cell signal, consider options for tracking and SOS capability.

Clothing/Footwear

- ☐ Sturdy Shoes
 - Low or mid hikers depending on the terrain.
- ☐ Wool or Synthetic Socks
- ☐ Moisture-Wicking Clothing
 - Quick-drying pants/shorts
 - Wool or synthetic shirt
- ☐ Rain Jacket or Poncho
- ☐ Brimmed Hat

Food & Water

- ☐ Reusable Water Bottle or Reservoir
 - Moderate activity/moderate temperatures: 1/2L of water per hour.
 - High intensity/hot temperatures: 1L of water per hour.
- ☐ Trail Snacks and Meals

Emergency Items

- ☐ First-aid Kit and Supplies
 - Basics: mole skin, bandages, ointments, and aspirin (other supplies as needed).
- ☐ Lighter/Matches or Fire Starter
- ☐ Emergency blanket
- ☐ Signaling Device (whistle and mirror)
- ☐ If necessary, bear spray or bear bell

Health & Hygiene

- ☐ Sunscreen
- ☐ Sunglasses
- ☐ Bug Spray
- ☐ Toilet Kit
 - Trowel, Resealable Bag, Wipes
 - Hand Sanitizer

Extras

- ☐ Multitool or pocketknife
- ☐ Headlamp or flashlight
- ☐ ID
- ☐ Cell Phone

Before You Go: Have a Plan

Write down your plan and provide it to a trusted person. Make sure to include exactly where you are going, when are leaving and when you are expected to return, number of hiking partners, vehicle information, and any medical conditions. If you do not return when expected, then your trusted person can notify the appropriate emergency personnel.

*Remember Leave No Trace: PACK OUT what you PACK IN and always tread lightly and stay on the trail!