



# Day Hiking Checklist – 2+ Hours

This checklist is deliberately comprehensive and intended for day hikes in the backcountry where being self-sufficient is important to your well-being. When planning, consider how far you plan to hike, how remote the location is and what the weather forecast has in store.



## Hiking Gear

- Daypack or hydration pack

### **Optional:**

- Trekking poles
- Winter traction devices



## Navigation

- Map \*
- Compass \*

### **Optional:**

- Route description or guidebook
- Altimeter watch \*
- GPS \*
- Smartphone apps (e.g. Strava, AllTrails, Gaia, FarOut)
- Satellite messenger/personal locator beacon \*



## Food & Water

- Water bottles and/or reservoir (to fit inside a daypack or hydration pack) \*
- Water filter/purifier or chemical treatment \*
- Trail snacks
- Lunch
- Extra day's supply of food \*
- Resealable bag (for your trash—or someone else's)



## Clothing

- Moisture-wicking underwear
- Moisture-wicking shirt
- Quick-drying pants/shorts
- Long-sleeve shirt (for sun, bugs)
- Lightweight fleece or jacket
- 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)



## Footwear

- Choose one: hiking boots, hiking shoes, trail-running shoes, hiking sandals



## Tools & Repair

- Knife or multi-tool \*
- Small gear-repair kit \*



## Emergency

- First-aid kit or first-aid supplies \*
- Two itineraries (1 left with a friend, 1 under car seat)
- Personal items (phone, ID, etc.)
- Handkerchief
- Antibacterial/antiseptic wipes \*
- Blister treatments
- Pain medication (aspirin/ibuprofen)
- Lighter/matches and firestarter \*
- Emergency shelter \*
- Flashlight or headlamp \*
- Whistle
- Bear spray



## Sun Protection

- Sunscreen \*
- Sunglasses \* (and sunglass straps)
- Sun hat, visor or baseball cap \*
- SPF-rated lip balm \*



## Health & Hygiene

- Hand sanitizer
- Menstrual products
- Toilet paper and/or urinary products
- Insect repellent \*
- Prescription medications
- Baby wipes

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