



Day Hiking Checklist – 2 Hours or Less

To determine what you need to bring on a backpacking trip, think about how far you plan to hike, how remote the location is and what the weather forecast has in store. This list is intentionally comprehensive and you may not take all items.



Hiking Gear

- Daypack (Choose one: bottle sling, waist pack, daypack, 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)



Food & Water

- Water bottles and/or reservoir (to fit inside a daypack or hydration pack) *
- Trail snacks (pack extra) *
- Resealable bag (for your trash—or someone else's)

Optional:

- Lunch



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)

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
- Pain medication (aspirin/ibuprofen)
- Antibacterial/antiseptic wipes *
- Flashlight or headlamp *
- Whistle



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.