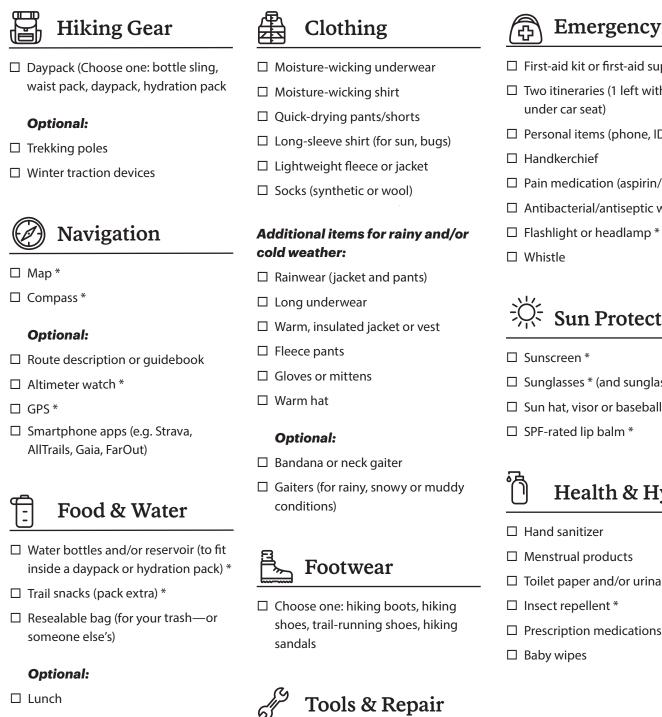


## Day Hiking Checklist - 2 Hours or Less

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.



<sup>☐</sup> First-aid kit or first-aid supplies \* ☐ Two itineraries (1 left with a friend, 1 ☐ Personal items (phone, ID, etc.) ☐ Pain medication (aspirin/ibuprofen) ☐ Antibacterial/antiseptic wipes \* ☐ Flashlight or headlamp \* **Sun Protection** ☐ Sunglasses \* (and sunglass straps) ☐ Sun hat, visor or baseball cap \* Health & Hygiene ☐ Toilet paper and/or urinary products ☐ Prescription medications

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

<sup>\*</sup>These items are part of the Ten Essentials systems.