

Day Hiking: Trip Checklist



ESSENTIALS!!!

- Clothing Layers
- Drinking Water
- Food
- Matches
- Headlamp/Flashlight
- Map/Directions
- Multi-Tool/Knife
- Sunglasses
- Sunscreen
- Whistle

Basic Equipment

- Daypack
- Bandanas
- Batteries
- Toiletries/Trowel
- Utensils
- Water Bottles
- Water Filtration System

Clothes

- Boots (Light Hiking)
- Extra Clothes (Return Trip)
- Gloves
- Hat/Cap/Visor
- Pants/Shorts (Zip Off Option)
- Rain Gear
- Shirts (TechWear)
- Socks & Liners

First Aid & Safety! 🚚

- ITINERARY!**
- Antibacterial Wipes/Gel
- Blister Cushion Pads
- Compass/GPS
- Emergency Blanket
- Insect Repellent
- First Aid Kit
- Safety Pins
- Two-Way Radios

Personal

- Binoculars
- Camera
- Nature Book
- Return Trip Clothes & Shoes
- Return Trip Food
- Writing Utensils
- Zip Lock/Waterproof Bag

My Stuff ☺

- _____
- _____
- _____

Checklist Tips!

- ✓ **Leave No Trace:** Review trail & hygiene etiquette; pack out what you pack in!
- ✓ **Boots:** Light day hike boots are plenty. Tennis shoes do not protect your feet from sharp rocks and steep trails. Make sure to break in your boots BEFORE hitting a major hike!
- ✓ **Clothes:** Use multiple layers of "tech wear" that wicks moisture & keeps you dry; these are also very compact & light.
- ✓ **First Aid:** Take some basics + blister cushion pads in case a blister comes up. Sun protection is essential!
- ✓ **Fitness:** Get in "hike" shape! Hiking @ elevation in nature is NOT the bike path or neighborhood!
- ✓ **Food:** Fuel & hydrate well the day before. Take light food with high energy like bananas, raisins, sport energy bars, sport gels, mixed nuts, etc. Do NOT take heavy canned food.
- ✓ **Hydration:** Take a powdered electrolyte solution if hiking over an hour. *Gatorade* or equivalent has sodium, potassium, and caloric energy. If you can't pack enough water for the whole trip, take a filtration system. NEVER drink "untreated" water from natural sources because of the dangerous parasite *giardia!* ☹
- ✓ **SAFETY-ITINERARY:** Leave trip details with someone at home so they know what time you should return and where to look if you do not!
- ✓ **SAFETY-AWARENESS! Keep eyes & ears OPEN. Be aware of surroundings & possible predators—both animal & human.** *Dedicated to the memory of Trail Goddess Meredith 'Hope' Emerson.

* Ron Jones (5.11.10)