



DAY HIKING CHECKLIST

This checklist is deliberately comprehensive and intended for day hikes in the backcountry where being self-sufficient is important to your well-being. The list includes many more items than you'll likely need for short treks in or near developed areas, though you can adapt it to your needs for these trips.



HIKING GEAR

- Daypack

Optional:

- Trekking poles



NAVIGATION

- Map *
- Compass *

Optional:

- Route description/guidebook
- Altimeter watch *
- GPS *
- Satellite messenger and/or personal locator beacon *



TOOLS & REPAIRS

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



CLOTHING/FOOTWEAR

- Moisture-wicking underwear
- Moisture-wicking T-shirts
- Quick-drying pants/shorts
- Long-sleeve shirts (*for sun and bugs*)
- Lightweight fleece or jacket
- Boots or shoes suited to terrain
- 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 Buff
- Gaiters (*for rainy, snowy, or muddy conditions*)
- _____
- _____



FOOD & WATER

- Water bottles and/or reservoir *
- Water filter/purifier or chemical treatment *
- Trail snacks
- Lunch
- Extra day's supply of food *
- _____



EMERGENCY ITEMS

- First-aid kit or supplies *
- Lighter/matches & firestarter *
- Emergency shelter *
- Whistle
- Two itineraries: 1 left with friend + 1 under car seat
- _____



PERSONAL ITEMS

- Credit card and/or cash
- ID
- Cellphone
- _____



HEALTH & HYGIENE

- Hand sanitizer
- Menstrual products *(if needed)*
- Prescription medications *(if needed)*
- First-aid kit or supplies

Sun protection:

- Sunscreen *
- Sunglasses * *(+ retainer leash)*
- Sun hat *
- SPF-rated lip balm *

Optional

- Insect repellent *
- Toilet paper
- Urinary products
- Sanitation trowel *(if no toilets)*
- Baby wipes
- Alcohol or antiseptic wipes
- Blister treatments
- _____
- _____



DAY HIKING EXTRAS

- Headlamp or flashlight * *(with extra batteries)*
- Camera
- Interpretive field guide(s)
- Outdoor journal/sketchbook with pen or pencil
- Binoculars
- Two-way radios
- _____
- _____

** These items are part of the Ten Essential systems. The exact items you take for each system can be tailored to your trip based on considerations such as weather, difficulty, duration and distance from help. To learn more, see our article on the Ten Essentials.*