

Day Hiking Checklist

A comprehensive list for day hikes in the backcountry where self-sufficiency is essential. The list has items you're unlikely to need for short treks in or near developed areas, so adapt it to suit your needs

CLOTHING

- Moisture-wicking base layers
- Long-sleeve shirt and rainwear
- Lightweight jacket or fleece
- Suitable shoes or boots
- Synthetic or wool socks
- Fleece pants, gloves, warm hat
- Bandana & neck gaiters

NUTRITION

- Trail snacks
- Lunch
- Plenty of water
- Water purifiers or filter
- Extra day of food

EMERGENCY

- First aid kit & whistle
- Emergency shelter
- Lighter or matches and fire starter
- Itinerary left under car seat
- Itinerary left with friend

NAVIGATION

- Compass
- Map
- Route guidebook
- GPS device
- Locator beacon or satellite messenger

HIKING GEAR

- Knife or multi-tool
- Portable hatchet
- Hiking poles
- Hiking pack

PERSONAL

- Cash
- Credit card
- Identification
- Mobile phone

OTHER

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