



Day Hiking Checklist

Note: This list is intentionally extensive. Not every person will carry every item on every day hike.

The Ten Essentials (for safety, survival and basic comfort)

1. Navigation

- Map (with protective case)
- Compass
- GPS (optional)

2. Sun protection

- Sunscreen and lip balm
- Sunglasses

3. Insulation

- Jacket, vest, pants, gloves, hat (see Clothing)

4. Illumination

- Headlamp or flashlight
- Extra batteries

5. First-aid supplies

- First-aid kit (see our [First-aid checklist](#))

6. Fire

- Matches or lighter
- Waterproof container
- Fire starter (for emergency survival fire)

7. Repair kit and tools

- Knife or multi-tool
- Duct tape strips; repair items as needed

8. Nutrition

- Extra day's supply of food

9. Hydration

- Water bottles or hydration system
- Water filter or other treatment system

10. Emergency shelter

- Tent, tarp, bivy or reflective blanket

Beyond the Ten Essentials

- Daypack
- Multifunction watch with altimeter
- Camera
- Binoculars
- Trekking poles
- Insect repellent
- Headnet
- Toilet paper
- Sanitation trowel
- Hand sanitizer
- Quick-dry towel
- Two-way radios
- Cell or satellite phone
- _____
- _____

- Energy food (bars, gels, chews, trail mix)
- Energy beverages or drink mixes
- Lunch
- Utensils
- Cups
- Food for kids
- _____ for kids
- Route description or guidebook
- Interpretive field guide(s)
- Notepad or sketchpad with pen/pencil
- Bag for collecting trash
- Post-hike snacks, water, towel, clothing change
- Trip itinerary left w/friend + under car seat
- _____
- _____

Warm weather clothing options

- Wicking T-shirt
- Wicking underwear
- Quick-drying pants or shorts
- Long-sleeve shirt (for bugs, sun)
- Sun-shielding hat
- Insulating fleece jacket or vest
- Bandana or buff
- _____
- _____

Cool weather clothing options

- Wicking long-sleeve T-shirt
- Wicking long underwear
- Hat, cap or headband (synthetic or wool)
- Gloves or mittens
- Insulating fleece jacket (or vest) and pants
- Rain jacket (or soft shell and waterproof hat)
- Rain pants (or soft-shell pants)
- _____
- _____

Footwear

- Boots or shoes suited to terrain
- Socks (synthetic or wool)
- _____

- Gaiters
- Sandals (for river fording, trip home)
- _____