



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)
- ☐ _____