



## Day Hiking Checklist

Bringing the proper equipment for hikes will add greatly to your enjoyment, your safety, as well as the enjoyment and safety of the group. This list of items is essential if you're going out in the woods for more than a couple of hours. Make sure that you're comfortable with your equipment, and everything fits into your daypack. Do not carry anything in your hands. Do not tie a jacket around your waist.

### In you daypack:

- |   |   |
|---|---|
| <input type="checkbox"/> Water (bottles/water hydration system).  | <input type="checkbox"/> Map.                                 |
| <input type="checkbox"/> Sun block and lip balm.                  | <input type="checkbox"/> Compass.                             |
| <input type="checkbox"/> Insect Repellent.                        | <input type="checkbox"/> Waterproof seat pad (or trash bags). |
| <input type="checkbox"/> Sunglasses.                              | <input type="checkbox"/> Route description.                   |
| <input type="checkbox"/> Personal medications.                    | <input type="checkbox"/> Whistle.                             |
| <input type="checkbox"/> Sun hat with brim.                       | <input type="checkbox"/> Flashlight.                          |
| <input type="checkbox"/> Lunch or snacks.                         | <input type="checkbox"/> Pocket Knife or Utility Tool.        |
| <input type="checkbox"/> Rain jacket no matter what the forecast. | <input type="checkbox"/> Tissues/Toilet Paper.                |

### Optional:

- |                                      |  |
|--------------------------------------|--|
| <input type="checkbox"/> Camera.     | <input type="checkbox"/> Trekking Poles. |
| <input type="checkbox"/> Binoculars. | <input type="checkbox"/> Cell Phone.     |

### What to wear:

#### Summer:

- |   |   |
|---|---|
| <input type="checkbox"/> Moisture wicking shirt (synthetic).              | <input type="checkbox"/> Hiking boots or shoes, well broken-in and suited to terrain. |
| <input type="checkbox"/> Moisture wicking underwear (synthetic).          | <input type="checkbox"/> Good hiking socks (optional liners).                         |
| <input type="checkbox"/> Hiking Shorts or pants (zip-off legs are great). |   |

#### If it is not the height of summer add:

- Warm fleece hiking sweater or jacket.
- Rain pants.
- Wool or fleece hat and gloves.

Dress in layers. Your first layer should be a short-sleeve t-shirt (synthetic, not cotton) even if it seems cool in the morning. You'll warm up. Your second layer should be a long-sleeve shirt (also synthetic). If you need extra layers, you'll have your warm hiking sweater and rain jacket. Shorts give you more mobility and keep you cooler. Pants give you more protection from insects and brush.

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