Day Hiking Checklist – 2+ Hours

This checklist is deliberately comprehensive and intended for day hikes in the backcountry where being self-sufficient is important to your well-being. When planning, consider how far you plan to hike, how remote the location is and what the weather forecast has in store.

**Hiking Gear**
- Daypack or hydration pack
- **Optional:**
  - Trekking poles
  - Winter traction devices

**Navigation**
- Map *
- Compass *
- **Optional:**
  - Route description or guidebook
  - Altimeter watch *
  - GPS *
  - Smartphone apps (e.g. Strava, AllTrails, Gaia, FarOut)
  - Satellite messenger/personal locator beacon *

**Food & Water**
- Water bottles and/or reservoir (to fit inside a daypack or hydration pack) *
- Water filter/purifier or chemical treatment *
- Trail snacks
- Lunch
- Extra day’s supply of food *
- Resealable bag (for your trash—or someone else’s)

**Clothing**
- Moisture-wicking underwear
- Moisture-wicking shirt
- Quick-drying pants/shorts
- Long-sleeve shirt (for sun, bugs)
- Lightweight fleece or jacket
- Socks (synthetic or wool)
- Extra clothes * (beyond the minimum expectation)

**Emergency**
- First-aid kit or first-aid supplies *
- Two itineraries (1 left with a friend, 1 under car seat)
- Personal items (phone, ID, etc.)
- Handkerchief
- Antibacterial/antiseptic wipes *
- Blister treatments
- Pain medication (aspirin/ibuprofen)
- Lighter/matches and firestarter *
- Emergency shelter *
- Flashlight or headlamp *
- Whistle
- Bear spray

**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 neck gaiter
- Gaiters (for rainy, snowy or muddy conditions)

**Footwear**
- Choose one: hiking boots, hiking shoes, trail-running shoes, hiking sandals

**Sun Protection**
- Sunscreen *
- Sunglasses * (and sunglass straps)
- Sun hat, visor or baseball cap *
- SPF-rated lip balm *

**Health & Hygiene**
- Hand sanitizer
- Menstrual products
- Toilet paper and/or urinary products
- Insect repellent *
- Prescription medications
- Baby wipes

*These items are part of the Ten Essentials systems.