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
- 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)
- ________________________

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