

Day Hiking Checklist

USE THIS CHECKLIST SO YOU DON'T FORGET ANYTHING ON YOUR NEXT ADVENTURE...

Pre-Trip Planning

- Research where you are going
- Leave a trip plan with a trusted friend
- Bring a guidebook or printed description of the trail
- Hiking permit, if required

Hiking Gear

- 20-30L daypack
- Trekking poles (optional)
- Rain cover or pack liner if it looks like rain

Clothing and Footwear

Leave the cotton behind. Make sure your layers are made of quick-drying materials that wick moisture away from your skin. Adjust according to time of year...

- Sturdy hiking footwear
- Hiking socks (synthetic or wool or wool blend)
- Underwear and sports bra
- Hiking shirt - long sleeves to help with sun protection
- Hiking shorts or pants
- Extra clothing is one of the 10 Essentials

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Weather can change quickly, and you may be out longer than planned. In every season, be prepared with additional waterproof outer layers, fleece jacket or warm layers, extra socks, gloves and toque or neck gaiter.

If you are hiking in the cold or wet, layer on:

- Rain jacket
- Rain pants
- Down or synthetic insulated jacket
- Base layers
- Fleece pants



Navigation

- Topographic map in a clear plastic bag or waterproof case
- Compass
- GPS
- Altimeter (optional but useful, since it gives your approximate elevation to help you figure out your location the map)



Food and Water

- Snacks and food for the day, plus extra food (enough for one more day)
- Water, plus additional water (about 1-2L more as a guideline but this varies depending on weather and scenario)
- Water bottle or hydration bladder
- Water treatment - tablets are small and portable
- Electrolyte drink crystals (highly recommended),

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Sun Protection

- Sun screen
- Hat with a nice wide brim
- Sunglasses
- Lip balm



Lighting

- Headlamp or flashlight for each person in your group (flashlight on your smartphone is not an acceptable substitute)
- Extra batteries for headlamp/flashlight or a backup light



Emergency Items

- First aid kit
- Matches (waterproof or in a waterproof container) or lighter
- Fire starter and/or candle
- Emergency shelter (e.g. a big orange plastic bag combined with an emergency blanket or pre-made emergency bivy bag)
- Bug spray (optional)
- Bear safety gear (not just for bears can be used on other wildlife)

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Repair Kit and Tools

- Multi-tool or knife
- Small repair kit for gear



Communication Devices

- Fully charged phone in a waterproof case or bag
- Whistle
- Power bank and cord for electronic devices
- Satellite communication device (if you're in remote terrain beyond cell phone coverage)



Optional Items

- Gaiters
- Binoculars
- Field guide
- Bug hat
- Change of clothes waiting for you in the car
- Toilet paper
- Hand sanitizer
- Notebook and pencil
- Camera