

# DAY HIKING CHECKLIST



## Hiking Gear

Hiking Backpack *10L to 30L*  
**Optional** : Trekking Poles



## Clothing & Footwear

Quick-Dryibg Pants/Shorts  
Long-sleeve shirt (for sun, bugs)  
Moisture-wicking underwear  
Moisture-wicking T-shirt  
Boots or shoes suited to terrain  
Socks (synthetic or wool)  
Rainwear (jacket and pants)  
Warm Hat  
**Optional** : Bandana and Gaiters



## Food and Water

Water bottles or reservoir  
Trail Snacks  
Lunch



## Health and Hygiene

Hand Sanitizer  
Prescription Medication  
Sun Screen  
Sunglasses  
Sun Hat  
SPF Lated Lip Balm  
**Optional** : Insect Repellent



## Day Hiking Extras

HeadLamp or Flashlight  
Extra Batteries  
ID  
Cellphone  
Camera

*These items are part of the Ten Essential systems. The exact items you take for each system can be tailored to your trip based on considerations such as weather, difficulty, duration and distance from help.*