



**OUTDOORS[®]
TOGETHER**

DAY HIKING CHECKLIST

This checklist is deliberately comprehensive and intended for day hikes in the backcountry where being self-sufficient is important to your well-being.

The list includes many more items than you'll likely need for short treks in or near developed areas, though you can adapt it to your needs for these trips.



HIKING GEAR

- ☐ Daypack

Optional:

- ☐ Trekking poles

☐ _____



NAVIGATION

- ☐ Map *
- ☐ Compass *

Optional:

- ☐ Route description/guidebook
- ☐ Altimeter watch *
- ☐ GPS *
- ☐ Satellite messenger and/or personal locator beacon *

☐ _____



TOOLS & REPAIRS

- ☐ Knife or multi-tool *
- ☐ Small gear-repair kit *

☐ _____

☐ _____



CLOTHING/ FOOTWEAR

- ☐ Moisture-wicking underwear
- ☐ Moisture-wicking T-shirts
- ☐ Quick-drying pants/shorts
- ☐ Long-sleeve shirts (for sun and bugs)
- ☐ Lightweight fleece or jacket
- ☐ Boots or shoes suited to terrain
- ☐ Socks (synthetic or wool)
- ☐ Extra clothes * (beyond the minimum expectation)

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 Buff
- ☐ Gaiters (for rainy, snowy, or muddy conditions)
- ☐ _____
- ☐ _____



FOOD & WATER

- ☐ Water bottles and/or reservoir *
- ☐ Water filter/purifier or chemical treatment *
- ☐ Trail snacks
- ☐ Lunch
- ☐ Extra day's supply of food *
- ☐ _____



EMERGENCY ITEMS

- ☐ First-aid kit or supplies *
- ☐ Lighter/matches & firestarter *
- ☐ Emergency shelter *
- ☐ Whistle
- ☐ Two itineraries: 1 left with friend + 1 under car seat
- ☐ _____



PERSONAL ITEMS

- ☐ Credit card and/or cash
- ☐ ID
- ☐ Cellphone
- ☐ _____



HEALTH & HYGIENE

- | | |
|---|---|
| <input type="checkbox"/> Hand sanitizer | <i>Optional</i> |
| <input type="checkbox"/> Menstrual products (if needed) | <input type="checkbox"/> Insect repellent * |
| <input type="checkbox"/> Prescription medications (if needed) | <input type="checkbox"/> Toilet paper |
| <input type="checkbox"/> First-aid kit or supplies | <input type="checkbox"/> Urinary products |
| | <input type="checkbox"/> Sanitation trowel(if no toilets) |
| Sun protection: | <input type="checkbox"/> Baby wipes |
| <input type="checkbox"/> Sunscreen * | <input type="checkbox"/> Alcohol or antiseptic wipes |
| <input type="checkbox"/> Sunglasses(*+ retainer leash) | <input type="checkbox"/> Blister treatments |
| <input type="checkbox"/> Sun hat * | <input type="checkbox"/> _____ |
| <input type="checkbox"/> SPF-rated lip balm * | <input type="checkbox"/> _____ |



DAY HIKING EXTRAS

- | |
|---|
| <input type="checkbox"/> Headlamp or flashlight
* (with extra batteries) |
| <input type="checkbox"/> Camera |
| <input type="checkbox"/> Interpretive field guide(s) |
| <input type="checkbox"/> Outdoor journal/sketchbook
with pen or pencil |
| <input type="checkbox"/> Binoculars |
| <input type="checkbox"/> Two-way radios |
| <input type="checkbox"/> _____ |
| <input type="checkbox"/> _____ |

* 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 consideration such as weather, difficulty, duration and distance from help.