

# Day Hiking Checklist

## Footwear and Clothing

- ☐ Shoes
- ☐ Socks
- ☐ Pants/Shorts
- ☐ Shirt/Baselayer
- ☐ Rain/Windbreaker
- ☐ Jacket

## Day Hiking Equipment

- ☐ Daypack
- ☐ Water Bottle/Reservoir
- ☐ Headlamp
- ☐ Trekking Poles
- ☐ First-Aid Kit
- ☐ Water Treatment
- ☐ Navigation
- ☐ Satellite Messenger
- ☐ Food

## Extras and Personal Items

- ☐ Sun protection
- ☐ Sunglasses
- ☐ Insect repellent
- ☐ Camera/phone
- ☐ Personal Hygiene items
- ☐ Emergency whistle
- ☐ Multi-tool
- ☐ Trash bags