

## Day Hiking Checklist

Bringing the proper equipment will add greatly to your enjoyment, your safety, and the enjoyment and safety of the group. This stuff is essential if you are going out in the woods for more than a couple of hours. Make sure that you are comfortable with your equipment and you know where it all fits in. Do not carry anything in your hands; do not tie a jacket around your waist. Everything should fit in your daypack.

### In you daypack:

- Water (bottles or water hydration system)
- Sun block and lip balm
- Insect Repellent
- Sunglasses
- Personal medications
- Sun hat with brim
- Lunch or snacks
- Rain jacket no matter what the forecast
- Map
- Compass
- Waterproof seat pad (or trash bags)
- Route description
- Whistle
- Flashlight
- Pocket Knife or Utility Tool
- Tissues/Toilet Paper

### Optional:

- Camera
- Binoculars
- Trekking Poles
- Cell Phone

### What to wear:

Summer:

- Moisture wicking shirt (synthetic)
- Moisture wicking underwear (synthetic)
- Hiking Shorts or pants (zip-off legs are great)
- Hiking boots or shoes, well broken-in and suited to terrain
- Good hiking socks (optional liners)

If it is not the height of a warm summer, add:

- Warm fleece hiking sweater or jacket

- \_\_\_\_\_ Rain pants
- \_\_\_\_\_ Wool or fleece hat and gloves

Dress in layers. Your first layer should be a short-sleeve t-shirt (synthetic, not cotton) even if it seems cool in the morning. You will warm up. Your second layer should be a long-sleeve shirt (also synthetic). If you need extra layers, you will have your warm hiking sweater and rain jacket. Shorts give you more mobility and keep you cooler; pants give you more protection from insects and brush.

**Note:** This list is intentionally extensive. Not every person will carry all items on every day hike.