



DAY HIKING CHECKLIST

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Gear

- ☐ Hiking Boots
- ☐ Navigation
- ☐ Backpack
- ☐ Water Reservoir
- ☐ Waste Bag
- ☐ Wallet/ID
- ☐ Camera

Emergency

- ☐ Sun/Rain/Snow Protection
- ☐ Bear Mace
- ☐ Lighter
- ☐ Toiletries
- ☐ Headlamp/Flashlight
- ☐ First Aid Kit
- ☐ Whistle

Food

- ☐ Water
- ☐ Trail Mix
- ☐ Granola Bars
- ☐ Coffee
- ☐ Crackers
- ☐ Sandwich
- ☐ Oats

Extras

- ☐ Trekking Poles
- ☐ Knife
- ☐ Towel
- ☐ Portable Phone Charger
- ☐ Insect Repellent
- ☐ Hammock
- ☐ Batteries

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