



# Hiking Gear Checklist

## Day Hike (Short Trip)

**“Of all the paths you take in life,  
make sure a few of them are dirt.”**

~ John Muir

Proper planning and preparation is necessary anytime you venture into the great outdoors. A day hiker's checklist is a great way of helping you prepare for your hike, while helping to make your trip safer and more enjoyable. Of course the gear you need to carry will vary according to the type of hiking you've planned: the length of your hike, the time of year, as well as the destination and the terrain you'll be traveling over.



### Environment

There are many things to think about when you decide to go hiking. Consider the weather, terrain, altitude, and environment where you will be hiking. Arid, hot southwest hikes require more water and less insect protection than cooler, humid northeast hikes. It is important to modify your gear as needed based on the environment.



### Gear

When it comes to gear, it's all about weight. The more weight you carry, the more tired you will become on your hike. Buy or carry only what you need. If you will only be hiking on groomed trails, you won't need gaiters, but make sure you get them if your trek takes you through rough brush. Buy a light, inexpensive headlamp rather than one with eight different brightness levels and a flashing mode (unless you really need that for some reason). Pack light, but **BE PREPARED.**



### Advice

Get Advice from other hikers. Ask them for recommendations. If you see someone on the trail with a piece of gear you're interested in, ask how its been working out for them.

### 10 ESSENTIALS FOR HIKING

<p><b>1 NAVIGATION</b></p> <ul style="list-style-type: none"> <li>• MAP (WITH PROTECTIVE CASE)</li> <li>• COMPASS</li> </ul> <p><b>2 INSULATION</b></p> <ul style="list-style-type: none"> <li>• SEE CLOTHING OPTIONS BELOW</li> </ul> <p><b>3 ILLUMINATION</b></p> <ul style="list-style-type: none"> <li>• HEADLAMP OR FLASHLIGHT</li> <li>• EXTRA BATTERIES</li> </ul> <p><b>4 FIRST AID SUPPLIES</b></p> <ul style="list-style-type: none"> <li>• HIKING FIRST AID KIT</li> </ul> <p><b>5 NUTRITION</b></p> <ul style="list-style-type: none"> <li>• FOOD FOR THE DAY</li> <li>• EXTRA FOOD</li> </ul>	<p><b>6 SUN PROTECTION</b></p> <ul style="list-style-type: none"> <li>• HAT (BILLED)</li> <li>• SUNGLASSES</li> <li>• SUNSCREEN</li> <li>• SPF RATED LIP BALM</li> </ul> <p><b>7 FIRE</b></p> <ul style="list-style-type: none"> <li>• LIGHTER OR MATCHES (WATERPROOF CONTAINER)</li> <li>• FIRESTARTING MATERIAL</li> </ul> <p><b>8 REPAIR TOOLS</b></p> <ul style="list-style-type: none"> <li>• POCKETKNIFE OR MULTI-TOOL</li> <li>• REPAIR MATERIALS</li> </ul> <p><b>9 HYDRATION</b></p> <ul style="list-style-type: none"> <li>• WATER BOTTLES OR HYDRATION SYSTEM</li> <li>• WATER FILTER OR TREATMENT SYSTEM</li> </ul> <p><b>10 SHELTER</b></p> <ul style="list-style-type: none"> <li>• EMERGENCY SHELTER</li> <li>• EMERGENCY BLANKET</li> </ul>
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## BASIC DAYHIKER CHECKLIST

### ESSENTIAL GEAR

- BACKPACK/DAYPACK  
PREFERABLY WITH HYDRATION SYSTEM
- FIRST AID KIT
- KNIFE OR MUTI-TOOL  
WITH REPAIR MATERIALS
- MATCHES OR LIGHTER  
IN WATERPROOF CONTAINER
- INSECT REPELLANT
- EMERGENCY SHELTER  
TARP, TENT, OR REFLECTIVE BLANKET

- WATER
- SUNSCREEN
- SUNGLASSES
- FLASHLIGHT  
WITH EXTRA BATTERIES
- FOOD
- WHISTLE



### FOOTWEAR

- HIKING SHOES/BOOTS  
BROKEN IN AND GEARED FOR THE TERRAIN

- HIKING SOCKS (2 PAIRS)  
SYNTHETIC OR WOOL BLENDS (NO COTTON)

### CLOTHING COTTON KILLS

- CONVERTABLE PANTS  
SWITCH FROM PANTS TO SHORTS (NO COTTON)
- LIGHT JACKET  
FLEECE OR SYNTHETIC BLEND (NO COTTON)
- UNDERGARMENTS  
WICKING MATERIALS/SYNTHETIC BLENDS

- WIDE BRIMMED HAT  
"NO HAT, NO HIKE"
- LONG SLEEVED SHIRT  
WICKING MATERIAL/SYNTHETIC BLEND (NO COTTON)
- RAIN GEAR  
EMERGENCY PONCHO OR RAIN JACKET

### ACCESSORIES

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| <ul style="list-style-type: none"> <li><input type="checkbox"/> TREKKING POLES</li> <li><input type="checkbox"/> GAITERS</li> <li><input type="checkbox"/> GPS DEVICE</li> <li><input type="checkbox"/> BINOCULARS</li> </ul> | <ul style="list-style-type: none"> <li><input type="checkbox"/> TOILET PAPER</li> <li><input type="checkbox"/> WALLET/MONEY</li> <li><input type="checkbox"/> 50' NYLON ROPE</li> <li><input type="checkbox"/> GLOVES</li> </ul> |
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