HIKING CHECKLIST

Since we all have different expectations of what hiking and backpacking should be this hiking checklist will either seem like over-kill or very light at least until you load your pack. Please use it only as a starting point. If you're new to hiking ask a



1. Extremely Important

- [ ] Give someone a copy of your written daily schedule and where you expect to be in case of emergency. Hopefully you'll never need it, but if you do rescue teams will know where to look, as opposed to nobody even knowing you're missing.

2. Shelter, etc.

- [ ] Backpack/day pack/hydration pack
- [ ] Camping tent or shelter
- [ ] Sleeping bag
- [ ] Sleeping mat

3. Water

- [ ] Water
- [ ] Water bottle
- [ ] Water filter and/or purification tablets

4. Food

- [ ] Camp stove and fuel
- [ ] Cooking/eating utensils/cup
- [ ] Food (bring extra) - freeze dried a good option
- [ ] Folding knife or multi-tool
- [ ] Storage kit
- [ ] Small can opener

5. Clothing

- [ ] Fleece jacket or two
- [ ] Gloves
- [ ] Hat
- [ ] Hiking boots
- [ ] Hiking socks/extra hiking socks
- [ ] Thermals (wicking)
- [ ] Pants/convertible pants with zip-off legs/shorts
- [ ] Rain gear (a poncho thats works as a pack cover might do)
- [ ] T-shirt (wicking, avoid cotton)
- [ ] Underwear

6. Survival/Protection/Emergency

- [ ] Bug repellant
- [ ] Cell/Satellite phone/emergency beacon (consider where you'll be)
- [ ] Compass or GPS (Global Positioning System)
- [ ] Duct tape
- [ ] Extra prescription glasses if required
- [ ] First aid kit (tweezers, moleskin etc. for blisters)
- [ ] Flashlight/headlamp and batteries
- [ ] Identification
- [ ] Lighter/fire starter/waterproof matches
- [ ] Maps
- [ ] MoneySur
- [ ] Survivabl kit such as the Bear Grylls ultime kit

- [ ] Permits/licenses
- [ ] Prescription Medications
- [ ] Radio/batteries
- [ ] Rope/twine/clothes line (i.e. suspend pack 10 feet overhead away from animals)
- [ ] Signal mirror
- [ ] Small hand shovel (i.e. fires, toilet pit, etc.)
- [ ] Soap/hand sanitizer (non harmful to environment such sea to summit wilderness wash)
- [ ] Space or emergencey reflective blanket
- [ ] Sunscreen/chapstick
- [ ] Sunglasses
- [ ] Tent/gear repair kit
- [ ] Toiletries
- [ ] Toilet paper
- [ ] MicrofibreTowel
- [ ] Watch
- [ ] Whistle

7. Recommended

- [ ] Guide books
- [ ] Pen/pencil/small notepad
- [ ] zip ties
- [ ] Ziplock bags (to help keep gear dry)

8. Optional

- [ ] Binoculars
- [ ] Camera
- [ ] Pack tap
- [ ] Hiking poles
- [ ] Pack cover
- [ ] Reading material
- [ ] Tarp or groundsheet

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