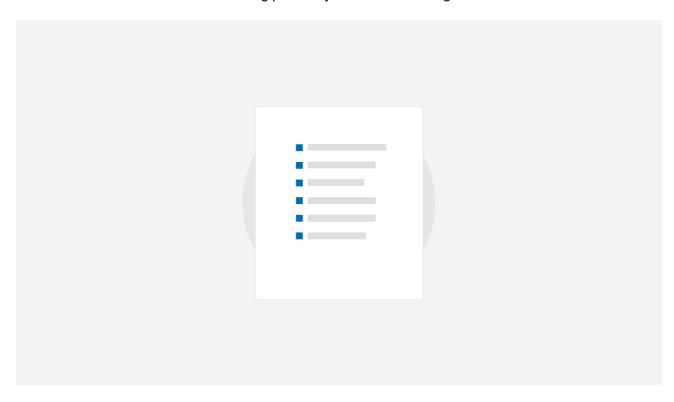
HIKING CHECKLIST

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'l
never need it, but if you do rescue teams will know where to look, as opposed to nobody even knowing you're missing.

2. Sneiter, etc.		
Backpack/day pack/hydration pack		
Camping tent or shelter		
Sleeping bag		
Sleeping mat		
3. Water		
Water		

Water filter and/or purification tablets

4. Food

Water bottle

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
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Bug repellant
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Bug repellant Cell/Satellite phone/emergency beacon (consider where you'll be)
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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

Prescription Medications	
Radio/batteries	
Rope/twine/clothes line (i.e. suspend pack 10 feet overhead away from	n 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	
zip ties Ziplock bags (to help keep gear dry)	
Ziplock bags (to help keep gear dry)	
Ziplock bags (to help keep gear dry) 8. Optional	
Ziplock bags (to help keep gear dry) 8. Optional Binoculars	
Ziplock bags (to help keep gear dry) 8. Optional Binoculars Camera	
Ziplock bags (to help keep gear dry) 8. Optional Binoculars Camera Pack tap	
Ziplock bags (to help keep gear dry) 8. Optional Binoculars Camera Pack tap Hiking poles	
Ziplock bags (to help keep gear dry) 8. Optional Binoculars Camera Pack tap Hiking poles Pack cover	Make and Share Free Checklists