Day Hiking Checklist

Intentionally comprehensive so you don't forget anything, our checklist for day hikers starts with the required Ten Essentials. Adapt those and the remaining items on the list based on weather and the remoteness of destination, as well as the hiking experience and preferences of your group.



The Ten Essentials

1. Navigation

Map (with protective case)

Compass

2. Sun protection

Sunscreen

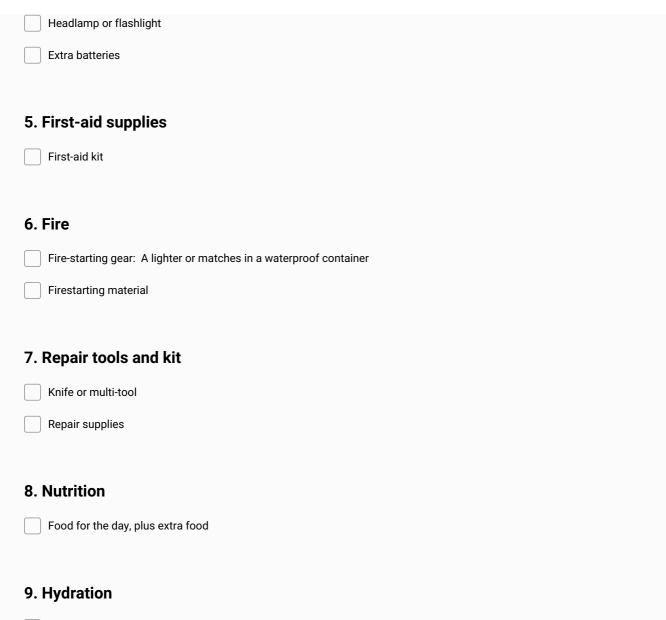
SPF-rated lip balm

Sunglasses

3. Insulation

See Clothing options

4. Illumination



Water bottles or hydration reservoir

Water filter or other treatment system

10. Emergency shelter

Tent, tarp, bivy or reflective blanket

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