# 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

- [ ] Headlamp or flashlight
- [ ] Extra batteries

## 5. First-aid supplies

- [ ] First-aid kit

## 6. Fire

- [ ] Fire-starting gear:  A lighter or matches in a waterproof container
- [ ] Firestarting material

## 7. Repair tools and kit

- [ ] Knife or multi-tool
- [ ] Repair supplies

## 8. Nutrition

- [ ] Food for the day, plus extra food

## 9. Hydration

- [ ] Water bottles or hydration reservoir
- [ ] Water filter or other treatment system

## 10. Emergency shelter

- [ ] Tent, tarp, bivy or reflective blanket

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