

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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