

# Day Hiking Checklist – 2+ Hours

This checklist is deliberately comprehensive and intended for day hikes in the backcountry where being self-sufficient is important to your well-being. When planning, consider how far you plan to hike, how remote the location is, and what the weather forecast has in store.



## Hiking Gear

- Daypack – it should fit you well and have good torso support.
- Ideally, with a hydration reservoir
- Big enough to fit all your gear
- I use a 30-liter pack.
- Trekking poles



## Navigation

I will bring these, but if you feel more comfortable having your own, you should bring them.

- Map
- Compass
- Altimeter Watch
- Smart Phone with AllTrails Map
- Extra Cell Phone Battery
- Cable for Phone Charger



## Food & Water

You should make sure you have plenty of water. The rule of thumb is 0.5 liters per 1 hour of hiking.

- Water Bottles and/or reservoir
- I use a reservoir and bring an extra bottle of water.
- Water filter/purifier or chemical treatment (I will bring this, no need for everyone to have)
- High Energy Trail Snacks
- Keep in mind, chocolate may melt.
- Lunch
- Keep it easy, simple, but high-energy
- Hydration Tablets (optional)
- I.e. IQ Hydration, LiquidIV, Nuun Tablets, etc.
- Resealable bag (for your trash)



## Clothing

Prepare to layer. Early morning temps will be in the high 40's, and daytime temps could reach low 70's. Always prepare for rain and know this is **blackfly season**.

- Lightweight Quick-drying pants (versus shorts due to the bugs)
- Moisture-wicking T-Shirt
- Long-sleeve shirt (for sun, bugs)
- Lightweight jacket
- Socks (synthetic or wool)
- Moisture-wicking Underwear
- Extra clothes – for me:
  - Socks, Underwear, Shirt
- Rainwear (jacket and pants)
- Hat with a Rim
- Head Net for the Flies



## Footwear

This is a long hike that is on a rocky trail that could be wet. I would recommend a good pair of hiking boots.

- Hiking Boots
- Sandals or comfortable post-hiking shoes for the car.



## Tools & Repair

I will bring a knife but I don't bring a repair kit as I don't have anything repairable.

- Knife or multi-tool
- Small gear-repair kit (optional)



## Sun Protection

- Sunscreen
- Sunglasses (and sunglass straps)
- Sun hat, visor, or baseball cap
- SPF-rated lip balm



## Emergency

I will bring a full first aid kit. But bring what you feel you need in terms of first aid, especially if you are separated from the group.

- First-aid kit or first-aid supplies
  - Antibacterial/antiseptic wipes
  - Blister treatments
  - Pain medication (aspirin/ibuprofen)
- Two itineraries (1 left with a friend, 1 under a car seat)
- Bear Spray – at least one of us should have this.
- Duct Tape
- Sharpie, Pen, Pencil & Index Cards
- Everyone should bring these items:**
- Personal items (phone, ID, etc.)
- Lighter/matches and Firestarter
- Emergency shelter – a mylar blanket is good for this.
- Flashlight or headlamp
  - I recommend a headlamp as we are starting out early.
- Whistle



## Health & Hygiene

I will carry these items, (except the 2 optional items at the end) but suggest you carry what you feel you may personally need.

- Hand sanitizer
- Toilet paper
- Baby Wipes
- Small Shovel
- Poop Bags
- Insect repellent
- Prescription medications
- Menstrual products (optional)
- Female Urination Device (optional)
- My sister finds this helpful.