

Day Hiking Equipment Checklist©

CLOTHING

- Hiking boots or shoes
- Rain gear or poncho
- Extra pr. hiking socks
- Tee shirt
- Broad brimmed sun hat
- Shorts or zip-off pants
- Extra clothing layer for cool morning (fleece)
- Bandannas
- Sunglasses

EMERGENCY GEAR

- Survival blanket (space blanket)
- Whistle
- Medications
- First aid kit w/ blister items
- Flashlight w/ extra batteries
- Identification
- Map
- Compass

TOILETRIES

- Sunscreen
- Toilet paper
- Trowel & Ziplock bag(s)

MISCELLANEOUS

- Daypack or fanny pack
- Camera (film, batteries/charged)
- Pocket knife with locking blade or Gerber multipurpose
- Binoculars
- Hiking stick
- Pencil & Paper
- body insect repellent

FOOD & WATER

- Water bottle or hydration system
- Water (at least 2 qts per person)
- snacks (high energy food almonds, peanut butter, power bar)
- Lunch (protein & carbs)
- Small trash bag (leave no trace!)

This is just a "suggestion" list; trust us, we have never brought everything on it. Much will depend on your weather forecast. Use your good judgment. Each person should be totally independent, a minimalist as well as a survivalist. Please don't count on fellow trip members to carry equipment you forgot. Excellent preparatory reading, A Hiker's Companion by Cindy Ross. Total weight should not exceed more than 25% - 30% of your body weight. For the comfort and safety of others, no fire arms, pets, TV or radios. Copyright by Wilderness Trekkers, Inc. 1997.

Udated – 6/15/2008