

This Day Hiking Checklist is just a simple representation of the items that you may want to consider packing for your next hike! Customize according to your personal needs.

Dress for the weather of the day

- Short-sleeve t-shirt
- Lightweight shorts or trekking pants
- hiking socks
- Sunglasses
- Hat
- Gaiters (optional)
- Good pair hiking shoes or boots
- Hiking stick/poles

Cold Weather Additions

- Down or synthetic insulated jacket
- Emergency shelter (bivy sack, tent, tarp)
- Sleeping bag
- Fleece pants
- Insulated gloves or mittens

Day Pack

- Trail maps / guidebooks
- Signal mirror / Compass / GPS (with the knowledge how to use them)
- Water in canteens/water bottles
- Water treatment system (drops, tablets, or filter)
- First aid kit / medications / moleskin (with personal meds)
- Flashlight / Headlamp
- Pocket knife
- Waterproof matches / fire starters
- Snacks / extra snacks / Extra food: high energy snacks
- Rain gear or windproof shell
- Extra clothing
- Sun protection (sunglasses, sunscreen, lip balm)
- Extra socks
- Sweatshirt / jacket (Mid/Heavy weight fleece or pile jacket)
- Whistle
- Insect repellent
- Hat / gloves
- Money / ID
- Camera / film / video
- Binoculars
- Toilet paper (in a plastic bag)
- Watch
- Notepad / pen
- Bandana
- Cell phone
- Ziplock bags

- Emergency Space Blanket (smaller than a wallet)
- Extra batteries for flashlights / GPS
- Bear Spray
- Feminine products

Here is an example of items that you may want to consider stock in your First Aid kit. Customize your kit according to your personal needs. Make sure you're familiar with each and every item in your kit and remember to always keep your supplies up-to-date and replenished. Remember to keep your first aid kit in a waterproof container. And to be better prepared you may want to take a First Aid and CPR class, and it is always a good idea to stay current with these skills.

Basic First Aid Kit May Include:

- Personal information / contact person
- Hydrocortisone cream
- Diarrhea medication
- Disinfectant cream
- Antibacterial soap
- Personal medications
- Roll bandages
- Adhesive tape
- Antiseptic wipes
- Sterile gauze pads
- Cotton swabs
- Tweezers
- Safety pins
- Scissors
- Bee sting kit
- Sinus medications
- Tissues
- Bug repellent
- Sunscreen
- Notepad/pen
- Sterile compresses
- Splinting materials
- Personal information / contact person
- Feminine products
- Ipecac
- Razor blades
- Plastic bags
- Small bottle of water
- Blanket
- Other personal needs
- Small mirror
- Triangular bandages
- Misc. bandages
- Anti-acids (Tums, Rol-aides)
- Antibiotic cream
- Aspirin / Ibuprofen / Tylenol / Naproxin
- Hydrogen Peroxide

- Ace bandages
- Sunburn lotion
- Burn ointment
- Snake bit kit
- Eye drops
- Poison ivy cream / cleansers
- Heat / cold packs
- Small flashlight
- Latex gloves
- Antibacterial soap
- Thermometer
- Coins for emergency phone calls
- Antibiotic soap
- Butterfly bandages
- Twine
- Mole skin for blisters
- Road flares
- First aid manual
- Nail clippers