

Hiking Checklist

A day hike checklist covering the ten essentials, clothing layers, food and water, navigation and trail safety.

Navigation

- ☐ Trail map and a guidebook or printout
- ☐ Compass and the knowledge to use it
- ☐ GPS device or a phone with offline maps
 - Download the trail map in case you lose signal.
- ☐ Fully charged phone and a power bank
- ☐ Note of trail name, distance, and elevation gain

Sun and Weather Protection

- ☐ Sunscreen and lip balm with SPF
- ☐ Sunglasses with UV protection
- ☐ Brimmed hat or cap
- ☐ Insect repellent
- ☐ Lightweight rain jacket or shell

Clothing and Footwear

- ☐ Broken-in hiking boots or trail shoes
- ☐ Moisture-wicking base layer
- ☐ Insulating layer such as a fleece
- ☐ Extra socks
- ☐ Warm hat and gloves for higher elevations
- ☐ Quick-dry hiking pants or shorts

Food and Water

- ☐ Water bottles or a hydration reservoir
- ☐ Water filter or tablets if refilling on the trail
- ☐ Trail snacks: nuts, bars, dried fruit
- ☐ A packed lunch for longer hikes
- ☐ Electrolyte mix for hot days

Safety and First Aid

- ☐ Compact first-aid kit with blister care
- ☐ Headlamp or flashlight with extra batteries
- ☐ Whistle for signaling
- ☐ Emergency shelter such as a space blanket
- ☐ Fire starter and waterproof matches
- ☐ Personal medications

Tools and Extras

- ☐ Multi-tool or knife
- ☐ Repair tape and a few zip ties
- ☐ Trekking poles for steep terrain

- ☐ Small trash bag to pack out litter
- ☐ Hand sanitizer and tissues
- ☐ ID and emergency contact card

Before You Go

- ☐ Check the weather and trail conditions
- ☐ Tell someone your route and return time
 - Agree on when to raise the alarm if you are overdue.
- ☐ Confirm parking, permits, and trail access
- ☐ Start early to finish before dark
- ☐ Know your turnaround time and stick to it