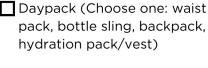


# Day Hiking Checklist: 2 Hours or Less

To pick out what you need to pack on a day hiking trip, think about 1) how far you plan to hike, 2) the weather forecast and 3) how remote the trail is. This gear list is intentionally detailed so you might not take everything listed.



# Hiking Gear Clothing First Aid Kit



### Optional:

Trekking poles



## **Navigation**

Map*   Compass*
Optional:
Trail guidebook or description GPS* Smartphone navigating apps* (Garmin Explore, Komoot, Gaia Avenza, Strava, AllTrails, NPS App)



FOOD & Water
Water* Water bottles and/or water bladder* Frail snacks (pack extra)* Resealable bag for trash (yours comeone else's)
Optional: Lunch Electrolytes (sports drink, drink mix, salt tablets, chews)





	<ul> <li>Moisture-wicking t-shirt or tank top*</li> <li>Quick-drying shorts, pants or athletic leggings*</li> <li>Longsleeve shirt (sun, bugs)*</li> <li>Longsleeve baselayer, fleece or lightweight jacket*</li> <li>Moisture-wicking underwear</li> </ul>
	Cold/Rainy Weather Items:
	Rain jacket or poncho* Rain pants or skirt* Warm insulated jacket or vest* Gloves or mittens* Warm beanie hat* Long underwear*
	Optional:
	<ul><li>Neck gaiter or bandana</li><li>Shoe gaiters (for muddy, snowy or dusty conditions)</li></ul>
	<b>Footwear</b>
	Choose one: hiking boots, trail running shoes, hiking sandals*
or	- Sun Protection
	☐ Sunscreen* ☐ Sunglasses* ☐ Sun hat, baseball cap, visor* ☐ SPF-rated chapstick*
	Gear Repair
	Pocket knife or multi-tool* Duct tape* Super glue



<u>~</u>
☐ Bandages* ☐ Pain reliever medication* ☐ Antiseptic wipes or antibiotic cream* ☐ Personal medications* ☐ Blister bandages/moleskin
<u> Emergency</u>
☐ Whistle* ☐ Signaling mirror* ☐ Headlamp or flashlight* ☐ Lighter/matches & fire starter* ☐ Personal items (ID, phone, etc.) ☐ Bear spray (grizzly country)
<b>。</b> Hygiene
☐ Castile soap or hand sanitizer☐ Toilet paper☐ Baby wipes☐ Backpacking trowel☐
Optional for women:  ☐ Menstrual products ☐ Pee cloth or urinary device
₩ Winter Gear
☐ Microspikes and/or snowshoes☐ Extra layers



Ice ax

☐ Hand/foot warmers

Insect repellent
Sun gloves
Sun umbrella

trailcations.com

☐ Small sewing kit

\*Part of the 10 Essentials



# **Day Hiking Checklist: 2+ Hours**

This gear list is intentionally detailed and intended for day hikes in the backcountry where self-sufficiency is important to your survival. To pick out what you need to pack on a day hiking trip, think about 1) how far you plan to hike, 2) the weather forecast and 3) how remote the trail is.



## Hiking Gear

	_
Daypack, backpack or hydratic	on.
Optional:	
Trekking poles	
- remaining person	
N	
(A) Navigation	
8	
	_
Compass*	
Optional:	
•	
Trail guidebook or description	
GPS*	
Smartphone navigating apps	
(Garmin Explore, Komoot, Gaia Avenza, Strava, AllTrails, NPS	<b>1</b> ,
App)*	
Personal Locator Beacon or	
satellite messenger*	
₽ - 1	
Food & Wate	r
	_
■ Water*	
■ Water bottles and/or water	
bladder*	
Trail snacks (pack extra)*	
Lunch*	
Extra day's worth of food*	
Resealable bag for trash (your	SC
·	k
someone else's)  Electrolytes (sports drink, drin	k

mix, salt tablets, chews)

Luxury Items



# Clothing

	☐ Moisture-wicking t-shirt or tank top*
	Quick-drying shorts, pants or
	athletic leggings*  Longsleeve shirt (sun, bugs)*
	Longsleeve baselayer, fleece or lightweight jacket*
	☐ Moisture-wicking underwear
	Cold/Rainy Weather Items:
	☐ Rain jacket or poncho* ☐ Rain pants or skirt*
	Warm insulated jacket or vest*
	Gloves or mittens* Warm beanie hat*
	Long underwear*
	Optional:
	☐ Neck gaiter or bandana ☐ Shoe gaiters (for muddy, snowy
	or dusty conditions)
	<b>Footwear</b>
1	Choose one: hiking boots, trail running shoes, hiking sandals*
	- Sun Protection
or	☐ Sunscreen* ☐ Sunglasses*
	Sun hat, baseball cap, visor*
	SPF-rated chapstick*
	Gear Repair
	Pocket knife or multi-tool*



### First Aid Kit

Summer Gear

Insect repellent

☐ Sun gloves ☐ Sun umbrella



☐Super glue\*

☐Small sewing kit