

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

- Daypack (Choose one: waist pack, bottle sling, backpack, hydration pack/vest)

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*
- Trail snacks (pack extra)*
- Resealable bag for trash (yours or someone else's)

Optional:

- Lunch
- Electrolytes (sports drink, drink 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)



Footwear

- Choose one: hiking boots, trail running shoes, hiking sandals*



Sun Protection

- Sunscreen*
- Sunglasses*
- Sun hat, baseball cap, visor*
- SPF-rated chapstick*



Gear Repair

- Pocket knife or multi-tool*
- Duct tape*
- Super glue
- Small sewing kit



First Aid Kit

- Bandages*
- Pain reliever medication*
- Antiseptic wipes or antibiotic cream*
- Personal medications*
- Blister bandages/moleskin



Emergency

- Whistle*
- Signaling mirror*
- Headlamp or flashlight*
- Lighter/matches & fire starter*
- Personal items (ID, phone, etc.)
- Bear spray (grizzly country)



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



Summer Gear

- Insect repellent
- Sun gloves
- Sun umbrella

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 hydration pack

Optional:

- Trekking poles



Navigation

- Map*
- Compass*

Optional:

- Trail guidebook or description
- GPS*
- Smartphone navigating apps (Garmin Explore, Komoot, Gaia, Avenza, Strava, AllTrails, NPS App)*
- Personal Locator Beacon or satellite messenger*



Food & Water

- Water*
- Water bottles and/or water bladder*
- Trail snacks (pack extra)*
- Lunch*
- Extra day's worth of food*
- Resealable bag for trash (yours or someone else's)
- Electrolytes (sports drink, drink 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)



Footwear

- Choose one: hiking boots, trail running shoes, hiking sandals*



Sun Protection

- Sunscreen*
- Sunglasses*
- Sun hat, baseball cap, visor*
- SPF-rated chapstick*



Gear Repair

- Pocket knife or multi-tool*
- Duct tape*
- Super glue*
- Small sewing kit



First Aid Kit

- Bandages*
- Pain reliever medication*
- Antiseptic wipes or antibiotic cream*
- Personal medications*
- Blister bandages/moleskin



Emergency

- Whistle*
- Signaling mirror*
- Headlamp or flashlight*
- Lighter/matches & fire starter*
- Personal items (ID, phone, etc.)
- Bear spray (grizzly country)
- Emergency shelter*



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



Summer Gear

- Insect repellent
- Sun gloves
- Sun umbrella