

Hiking Checklist

The Ten Essentials

For safety, survival and basic comfort, bring these on every hike:

1. Navigation

- Map (with protective case)
- Compass

2. Sun protection

- Sunscreen
- SPF-rated lip balm
- Sunglasses

3. Insulation

- See Clothing options, below

4. Illumination

- Headlamp or flashlight
- Extra batteries

5. First-aid supplies

- First-aid kit (see our First-Aid Checklist)

6. Fire

- Fire-starting gear
A lighter or matches in a waterproof container
- Firestarting material

7. Repair tools and kit

- Knife or multi-tool
- Repair supplies

8. Nutrition

- Food for the day, plus extra food

9. Hydration

- Water bottles or hydration reservoir
- Water filter or other treatment system

10. Emergency shelter

- Tent, tarp, reflective blanket

Clothing

When packing, avoid cotton and adjust each layer based on the forecast; always prepare, too, for the chance that conditions will turn colder, wetter and windier.

- Wicking T-shirt or long-sleeve top
- Wicking underwear or long-underwear bottoms (women's, men's)
- Socks
- Quick-drying pants or shorts
- UPF-rated shirt
- Sun hat and/or rain hat
- Insulating hat or headband
- Insulating fleece or soft-shell jacket or vest and pants
- Bandana or Buff
- Mosquito net clothing
- Rain jacket
- Rain pants

Footwear

- Hiking boots or shoes
- Gaiters
- Watersport sandals

Toiletries

- Toilet paper
- Sanitation trowel
- Menstrual and urinary products
- Waste bag(s)
- Hand sanitizer

(PLEASE DISPOSE ALL AT THE CAMPSITES IN THE BINS!!)

Electronics

- Multifunction watch
- Cellphone and waterproof case
- GPS
- Camera and accessories
- Two-way radios
- Satellite messenger
- Personal locator beacon

Other Recommended Items

- Daypack
- Energy beverages or drink mixes
- Lunch utensils
- Drinking cup
- Quick-dry towel
- Insect repellent
- Whistle
- Binoculars
- Trekking poles
- Route description or guidebook
- Interpretive field guide(s)
- Outdoor journal with pen/pencil
- Bag for collecting trash
- Post-hike snacks, water, towel, clothing change
- Two itineraries: 1 left with friend + 1 under car seat