Hiking Checklist

BASIC GEAR

- ☐ DAYPACK / BACKPACK / RUCKSACK
- ☐ TREKKING POLE
- ☐ HEADLAMP / FLASHLIGHT
- ☐ KNIFE / MULTITOOLS
- ☐ LIGHTER / MATCHES / FIRESTARTER
- ☐ REPAIR KIT
- ☐ FIRST-AID KIT

NAVIGATION

- ☐ MAP
- ☐ COMPASS
- ☐ GUIDEBOOK
- ☐ GPS
- ☐ ALTIMETER WATCH

COMFORT, CLOTHING & FOOTWEAR (BRING EXTRAS!)

- ☐ MOISTURE-WICKING T-SHIRT
- ☐ QUICK-DRY PANTS
- ☐ FLEECE / JACKET / WINDBREAKER
- ☐ RAINWEAR
- ☐ LONG-SLEEVED SHIRT / ARM SLEEVES
- ☐ SOCKS
- ☐ SUITABLE HIKING SHOES/BOOTS
- ☐ KNEEGUARD
- ☐ HAT
- ☐ SUNGLASSES
- ☐ SUNSCREEN
- ☐ BANDANA (OPTIONAL)
- ☐ TOWEL (OPTIONAL)

FOOD & WATER

- ☐ WATER PURIFIER / FILTER
- ☐ WATER BOTTLE / HYDRATION
- ☐ PACK
- ☐ SNACKS
- ☐ PREPARED MEAL

NICE-TO-HAVES

- ☐ EXTRA BATTERIES
- ☐ CAMERA
- ☐ BINOCULARS
- ☐ URINARIES
- ☐ TWO-WAY RADIOS
- ☐ INSECT REPELLANTS

GOT MORE? ADD YOUR OWN!

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