

Hiking Checklist

Essential

- Daypack (≤40L)
- Water Bottle or Reservoir
- First Aid Kit
- Snacks
- Knife/Multi-tool
- Lighter/Matches
- Spare Insulated Jacket
- Headlamp
- Map & Navigation Aid

Suggested

- Trekking Poles
- Rain Jacket
- Hat
- Sunglasses
- Sunscreen
- Bathroom Kit
- Water Filter
- Satellite Messenger

Seasonal/As Needed

- Insect Repellent
- Bear Spray
- Winter Traction Devices
- Gloves/Beanie
- Field Guides
- Dry Bag for Trash
- Camera
- Binoculars
- Gaiters

Avoid

- Cotton Clothing
- Valuables/Jewelry
- Too much of anything

Things to Remember

- Leave a trip plan
- Know your limits
- Don't rely on cell service
- HAVE FUN!



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