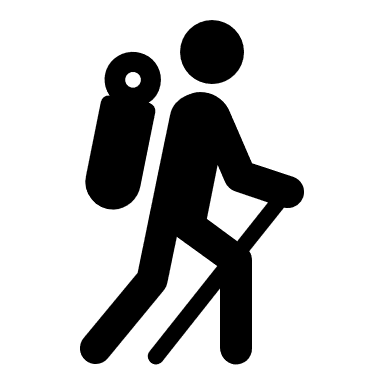
**Day Hiking Checklist**

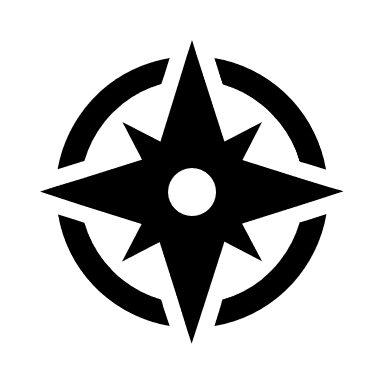
Below is a comprehensive list of items that should be included in your pack or on your body anytime you hike into the back country.

 **Hiking Gear**

* Day Pack
* Headlamp (w/extra batteries)

*Optional:*

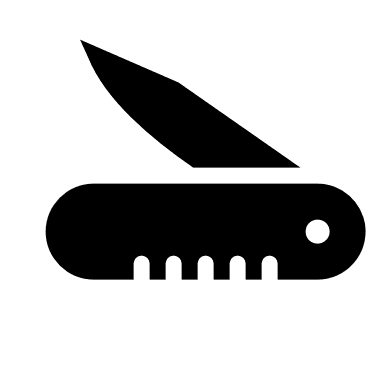
* Trekking Poles
* \_\_\_\_\_\_\_\_\_\_\_\_\_

**Navigation**

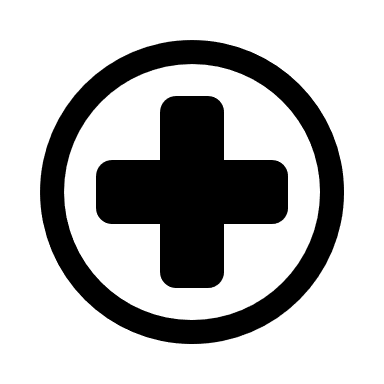
* Map(w/waterproof case)
* Compass

*Optional:*

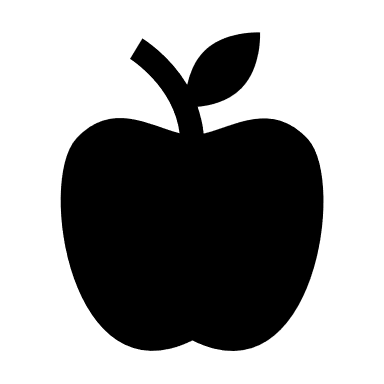
* GPS
* Altimeter
* Guide Book
* Personal locater beacon
* \_\_\_\_\_\_\_\_\_\_\_\_\_

**Tools and Repair**

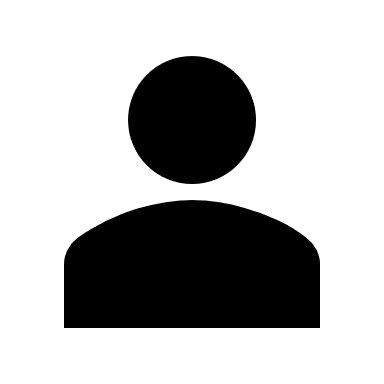
* Knife or multi-tool
* Duct tape
* Gear repair kit
* Bear Spray (if needed)
* \_\_\_\_\_\_\_\_\_\_\_\_\_\_

**Emergency Items**

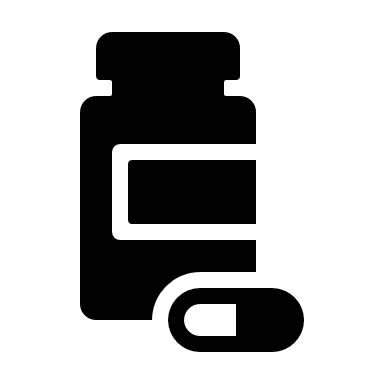
* First Aid Kit
* Lighter/matches
* Firestarter
* Tinder
* Emergency Blanket/ Emergency Shelter
* Whistle
* Signal Mirror
* Water Purification
* Paracord
* Two itineraries: one left with friend + one in vehicle
* \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_
* \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

**Food and Water**

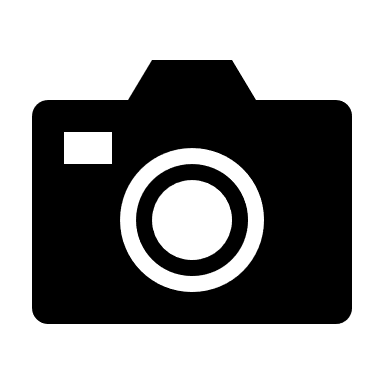
* Water bottle/bladder
* Trail Snacks
* Lunch + extra meal
* Energy boosting snack or drink
* \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_
* \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

**Personal Items**

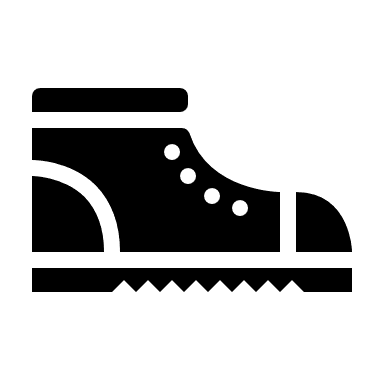
* Identification
* Cash or Credit card
* Cellphone
* \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

**Personal Care**

* Prescription meds(if needed)
* Hand Sanitizer/Wipes
* Toilet paper
* Trowel
* Sunscreen
* Bug spray
* Pack towel
* Lip balm
* Mole skin
* Bag for trash
* \_\_\_\_\_\_\_\_\_\_\_\_\_\_
* \_\_\_\_\_\_\_\_\_\_\_\_\_\_

**Extras**

* Camera
* Binoculars
* Pen and Journal
* \_\_\_\_\_\_\_\_\_\_\_\_\_

**Clothing and Footwear**

***\*Try to avoid cotton clothing, it is not breathable and does not dry quickly***

* Moisture-wicking breathable T-shirt
* Moisture-wicking breathable underwear
* Hiking quick-drying pant or shorts
* Wool or synthetic socks (plus extra pair)
* Moisture-wicking breathable long sleeve T-shirt
* Lightweight mid layer for warmth
* Waterproof Jacket
* Waterproof Pants
* Boots or shoes suited to terrain
* Hat
* Buff/Bandana
* Gaiters
* Light weight gloves
* Sunglasses
* Extra Clothes (in case you get wet or conditions change)
* Drybag to keep extra clothes in
* \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_
* \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_
* \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

*Being prepared is essential to back country travel, not only for your safety but piece of mind. Having the proper gear will allow you to travel safer and more comfortably.*

**Cold Weather Additions**

***\*Try to avoid cotton clothing, it is not breathable and does not dry quickly***

* Base layers (wool/synthetic)
* Insulated Jacket (down/synthetic)
* Gloves/Mittens
* Warm Hat
* Facemask
* Insulated Waterproof Boots
* Microspikes/Crampons
* Snowshoes/Skis
* \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_
* \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_
* \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_