

THE ULTIMATE Day Hike Checklist

SAFETY

- Trip Plan left with trusted friend
- Bear spray (location dependent)
- Mesh stuff sack for 10 essentials
- 10 ESSENTIALS**
- 1 NAVIGATION – Compass, topo map & reading glasses
- 2 NUTRITION – Energy Bars
- 3 HYDRATION – Emergency water filter & backup tablets
- 4 SUN PROTECTION – Sunscreen, buff & sunglasses
- 5 INSULATION – Warm layers (see Clothing) & quick dry towel
- 6 ILLUMINATION – Headlamp
- 7 COMMUNICATION – Cell/sat phone, signal mirror, Recco reflector & whistle
- 8 FIRST AID – Personal first aid kit (with added prescription medication, tick remover lasso, folding scissors, Naproxen & antihistamine)
- 9 FIRE STARTER – Knife with ferro rod
- 10 SHELTER – Emergency reflective bivy bag

HIKING

- Daypack with rain cover
- Nalgene bottle or hydration bladder (2L)
- Hiking boots
- Trekking poles
- Gaiters (season/weather dependent)
- Microspikes or snowshoes (season dependent)

CLOTHING

- Hiking socks, wool blend
- Underwear, quick dry
- Sports bra, if required
- Long-sleeved shirt (UV protective or thermal depending on weather)
- Hiking shorts or pants (weather dependent)
- Buff or quick dry sun hat

EXTRA WARM LAYERS

- Hiking pants, if wearing shorts
- Thermal jacket
- Rain gear (weather dependent)
- Toque
- Gloves

TOILETRIES

- Stuff sack for camp toilet items
- Toilet paper (1 camp roll per person)
- Trowel
- Hand sanitizer
- Feminine hygiene supplies, if required
- Ziplock bag to carry out non-bios
- Bug spray (plus bug hood, if required)
- Sunscreen, unscented
- Lip balm

MISC

- Waterproof phone/doc bag
- Smartphone
- ID & hiking permit (if required)
- House & car keys