



DAY HIKE CHECKLIST

ULTRALIGHT
Hiker

DAY HIKE CHECKLIST

When heading out for a day hike, it's still important you are prepared in case of an emergency.

Depending on how far you are planning to hike, how remote the location is and what the weather has in store, stay safe and take the right items before you head out.

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|---|--|
| <input type="checkbox"/> Day pack (40-70ltr) | <input type="checkbox"/> First Aid kit |
| <input type="checkbox"/> Stuff Sacks / Dry Bags | <input type="checkbox"/> Food |
| <input type="checkbox"/> Waterproof Jacket | <input type="checkbox"/> Pocket knife |
| <input type="checkbox"/> Down Jacket | <input type="checkbox"/> Water bottle |
| <input type="checkbox"/> Hat | <input type="checkbox"/> Water Bladder |
| <input type="checkbox"/> Sunscreen | <input type="checkbox"/> Water Filter System |
| <input type="checkbox"/> Sunglasses | <input type="checkbox"/> Toilet paper |
| <input type="checkbox"/> Insect repellent | <input type="checkbox"/> Toilet trowel |
| <input type="checkbox"/> Map / Guide | <input type="checkbox"/> Hand sanitizer |
| <input type="checkbox"/> Compass | <input type="checkbox"/> Lighter/Matches |
| <input type="checkbox"/> Mobile Phone | <input type="checkbox"/> Emergency shelter / space blanket |

Remember always let someone know before you go!!