



CORAJOHN OUTDOOR OUTFITTERS

# DAY HIKING, A LIST OF WHAT TO BRING

**EVERYTHING YOU NEED TO ENJOY A  
DAY OF HIKING WITH FRIENDS.**

This checklist is intended for day hikes on trails away from the public where being self-sufficient is important. Not everything on the list is a necessity, so feel free to adapt the list for the needs of your hike.



## THE BACKPACK



The first thing you need is a backpack. This is your main piece of gear and should be able to handle moderate abuse. This pack should hold 11–20 liters of gear. That is about the right size for short, simple hikes. I would recommend something bigger for treks where more food, water, clothing and gear are necessary. For day Hiking We recommend the Teton Circque 1600 backpack.

# NAVIGATION



Navigation tools are dependent upon the type of hike you're taking, and your personal preferences will determine exactly which items you'll bring. Some locations offer trail maps. It's a good idea to grab one before you head down the trail. In the backcountry, I would suggest a map, compass, GPS or all three. It's a good idea to learn how to find your location on the map-based landmarks and trail junctions marked on the map. Learning the basics of compass reading is a must as well. These skills will prove to be worth it when the battery on your cellphone and GPS die.

## CLOTHING & FOOTWEAR

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Check the weather forecast and make sure you dress for the conditions. Be prepared for changing weather conditions or an unplanned night out in nature. Pack extra clothes, more than what is required for the trip. It's also important to consider how much protection your clothing provides against the sun's ultraviolet rays. For your footwear, determine what to wear based on the terrain. On easy hikes on smooth trails, hiking shoes or trail runners are work well. For treks with rocky terrain and stumps, boots will provide more support.

## FOOD & WATER



Pack plenty of snacks like energy bars, jerky and nuts that you can easily consume on the trail. Your burning calories, so cheese, crackers, and maybe some pepperoni won't hurt your waistline too much.

For water, you can usually start with about two liters per person for the day, adjust that amount depending on length, intensity, age, health and weather conditions.



## FIRST AID & HYGIENE



It's important to bring a few first aid supplies along for yourself or for the others you're hiking with. The easiest thing to do is to buy a small first aid kit from Adventure Medical for about \$10. You can also assemble your own. For your hygiene needs we suggest getting a dry sack and putting your personal hygiene items inside.



# CLOTHING & FOOTWEAR

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- Moisture wicking shirt
- Quick drying pants (no cotton if possible)
- Lightweight fleece
- Merino wool hiking socks (naturel water wicking)
- Hiking boots or trail runners

# FOOD & WATER

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- Water bottle & reservoir
- Water filter
- snacks(good snacks)

# NAVIGATION

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- Compass
- Map
- GPS

# EMERGENCY & FIRST AID

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- Small first aid-kit  
(you can make your own)
- Prescription medication
- Hand sanitizer
- Lighter/matches  
(bring a Firestarter)
- Emergency shelter  
(an emergency blanket or bivy)
- Whistle

# HEALTH & HYGIENE

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- Hand sanitizer
- Menstrual products
- Sunscreen
- Wet wipes
- SPF Rated Lip Balm

# DAY HIKING EXTRAS

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- Knife and or multi-tool
- Flashlight and or headlamp
- Gear Repair kit (make Your own) duct tape, para-cord, zip ties,
- small sowing kit.
- Of course, an ID, credit card, small amount of cash, cell phone.
- (put it all in your dry sack)