



DAY HIKING ESSENTIALS CHECKLIST

HIKING GEAR

DAYPACK

HIKING BOOTS

SUN PROTECTION

HAT/BUFF

SUNGLASSES

SUNSCREEN

SPF LIP BALM

NAVIGATION

MAP

COMPASS

GPS (ON PHONE)

CLOTHING

WEAR THESE

UNDERWEAR

SPORTS BRA

SHIRT

SHORTS OR PANTS

SOCKS

PACK THESE COLD WEATHER EXTRAS

RAIN JACKET & PANTS

BASE LAYERS

WARM JACKET

FLEECE PANTS & SWEATER

GLOVES

WINTER HAT



DAY HIKING ESSENTIALS CHECKLIST

FOOD & WATER

WATER BOTTLE(S)

WATER FILTER

FOOD (LUNCH +
EXTRA SNACKS)

MISCELLANEOUS

FEMININE HYGEINE KIT

HEADLAMP

HAND SANITIZER

EMERGENCY

FIRST-AID KIT

LIGHTER, MATCHES, OR
FIRE STARTER

MULTI-TOOL OR KNIFE

EMERGENCY SHELTER
(TENT, SPACE BLANKET,
OR BIVY)

INSECT REPELLENT

WHISTLE



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