

NEXT ADVENTURE

Day Hiking Checklist

www.nextadventure.net

DAY HIKING NEEDS

- Day Pack (20-30 liters)
- Trekking Poles (optional)
- Hiking Guidebook

OUTERWEAR

Footwear

- Hiking Boots or Shoes (Gore-Tex for all-conditions; non-Gore-Tex for dry, warm conditions)
- Superfeet (supportive insoles)
- Wool Socks
- Liner Socks
- Gaitors (optional)

Top Layers

- T-Shirt (Synthetic or Cotton)
- Long Underwear (lightweight)
- Sun Shirt (vented, SPF, short/longsleeve)
- Light or Medium Fleece or 'Puffy'
- Wind Layer (Lightweight Nylon)
- Rain Jacket

Bottom Layers

- Nylon Shorts or Pants
- Long Underwear (lightweight)
- Wind Pants
- Rain Pants

Handwear

- Fleece Gloves
- Rain/Shell Gloves

Head Layers

- Sun Cap/Visor
- Warm Hat (Wool or Fleece)

SAFETY

- Map
- Compass
- GPS or "Spot" (optional)
- Whistle
- Knife
- Watch
- Headlamp & Batteries
- First Aid Kit (w/ Blister Kit)

- Emergency "Space" Blanket
- Water Purification
- Identification

PERSONAL

- Sunglasses w/ Strap
- Sunscreen
- Lip Balm
- Insect Repellent

MISCELLANEOUS

- Camera & Waterproof Case
- Cell Phone & Waterproof Case
- Binoculars
- Journal & Pencil
- Nature Guidebooks
- Hand Sanitizer
- Trash Bag (small recycled plastic bag)
- Small Stuff Sack (waterproof)
- Ultra-Lightweight Stove & Fuel (optional)

FOOD & WATER

- Camelback or Water Bottles (2L)
- Snacks (fats & sugars)
- Lunch (protein & carbs)
- Emergency Snacks (Gu, Nuun, etc.)

RECOMMENDED READING

- 60 Hikes Within 60 Miles of Portland*, by Paul Gerald
- Oregon Best Wildflower Hikes*, by George Wuerthner
- Backpacker Leave No Trace*, by Annette McGivney