



Siskiyou Mountain Club Day Trip Checklist

Ten Essentials

1. Navigation <input type="checkbox"/> Map <input type="checkbox"/> Compass	6. Fire <input type="checkbox"/> Matches or lighter
2. Sun Protection <input type="checkbox"/> Sunscreen, lip balm <input type="checkbox"/> Sunglasses <input type="checkbox"/> Bandana	7. Repair kit, tools <input type="checkbox"/> Knife or multi tool
3. Insulation <input type="checkbox"/> Jacket, gloves and hat	8. Nutrition <input type="checkbox"/> Extra bit of food
4. Illumination <input type="checkbox"/> Headlamp or flashlight <input type="checkbox"/> Extra batteries	9. Hydration <input type="checkbox"/> Water bottles (enough to hold 1 gallon)
5. First Aid Kit <input type="checkbox"/> Aspirin and Benadryl	10. Backpack <input type="checkbox"/> Minimum 20L

Gear and food

- Daypack (min. 20L capacity)
- Lunch
- Plenty of snacks
- Minimum 4L water capacity
- Personal first aid kit
- Toilet paper and trowel
- Knife
- Headlamp

Clothing Options

- Insulating fleece or jacket
- Rain jacket
- Hat and gloves
- Layers as needed for weather

Personal items

- Toilet paper and trowel
- Camera
- Chair

Requirements for trail work

- Sturdy hiking shoes with strong ankle support
- Durable long pants. Think denim or Carhartt's
- Work gloves
- Long sleeve shirt
- Eye protection