



# DAY HIKE CHECKLIST

- Water, water bottle
- Food & snacks
- Hiking backpack or hydration pack
- Long sleeve UV & wicking shirt and long pants
- Fleece, jacket or rain gear
- Hiking shoes & Darn Tough socks
- Sunscreen, SPF lip balm, sunglasses, hat or Buff
- Insect repellent
- Trekking poles (optional)
- Maps & guide books
- Toilet paper (urinal funnel)
- Hand sanitizer, baby wipes
- Trash bag
- Hiking first aid kit
- Small pocket knife, multitool
- Hiking lighter, whistle
- Phone & charger
- Binoculars
- Interpretive field guides
- Journal, pen, pencil