



# Hiking Checklist

There are certainly many items that one can stock in their pack for a backpacking trip, but depending on your route, your experience levels, and your planned activities during your hiking excursion, you may need to bring some or all of these essentials along for the journey. Remember, backpacking is like a more rigorous and longer version of your standard day hiking trip, so you'll want to bring everything from your hiking gear load as well as additional items to support the longer route. Please adjust this list to fit your individual needs.

## Basic Essentials

- Daypack
- GPS/Maps/Compass
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- Lip Balm
- Sunscreen
- Sunglasses
- Flashlight/Headlamp
- Hydration Pack/Water Bottle
- Knife/Multi-Tool

## Basic Gear

- Trekking Poles
- Binoculars
- Batteries
- Portable Power/Solar Charger
- Rope
- 2-Way Radio
- Hand/Foot Warmers
- Energy Food/Snacks
- Multifunction Watch
- Lighter
- Lunch/Food Items
- Camping Cookware
- Quick Dry Towel
- Camera

## Clothing

- Wicking T-Shirt and Pants
- Long-Sleeve Shirt
- Thermal Underwear
- Jacket or Insulated Vest
- Bandana or Buff
- Mosquito Net Clothing
- Stocking Cap/Beanie
- Insulated Gloves
- Rain Jacket
- Windbreaker/Pullover
- Technical Socks
- Boot Gaiters

## First Aid

- First Aid Kit
- Survival Blanket
- Fire Starter
- Tent/Tarp
- Insect Repellent
- Anti-Itch Cream

## Personal Essentials

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