

## Day Hiking Checklist

### **The Ten Essentials**

- Map
- Compass
- Headlamp or flashlight with spare bulbs and batteries
- Extra food
- Extra clothing
- Sunglasses
- First-aid kit
- Knife
- Matches in waterproof container
- Firestarter

### **Clothing**

- T-shirt
- Shorts
- Long-sleeve shirt (optional)
- Pants
- Fleece jacket or sweater
- Rain jacket
- Rain pants (optional)
- Wool or synthetic hat
- Fleece gloves or glove liners (optional)
- Sun hat (optional)

### **Skin Care**

- Sunblock
- Lip balm
- Insect repellent
- Alcohol wipes or hand sanitizer (optional)
- Pocket-size tissue pack (optional)

### **Miscellaneous**

- GPS device
- Camera
- Cell phone
- MP3 player
- Trekking poles
- Umbrella
- Bear repellent
- Guidebooks
- Binoculars