

DAY HIKING

Packing List

What to wear

- HIKING SHOES
- WOOL SOCKS
- BREATHABLE TOP
- BOTTOMS (SHORTS, PANTS, OR LEGGINGS)
- SUN HAT
- SUNGLASSES
- BACKPACK

Clothes to pack

- INSULATED JACKET
- RAIN JACKET
- LIGHTWEIGHT FLEECE

Personal hygiene

- SUNSCREEN
- BUG SPRAY
- LIP BALM
- HAND SANITIZER

- TROWEL
- TOILET PAPER
- RESEALABLE BAG
- MENSTRUATION ITEMS

Food + water

- MEALS + SNACKS
- WATER BOTTLE
- WATER FILTER
- ELECTROLYTES

Personal items

- IDENTIFICATION
- ANY REQ. PERMITS
- CASH + CREDIT CARD
- CHARGED PHONE
- WATCH

Optional

- TREKKING POLES
- WIND JACKET
- BUFF / NECK GAITER
- CAMERA
- BEAR SPRAY

10 Essentials

- NAVIGATION (MAP + COMPASS, GPS)
- HEADLAMP
- SUN PROTECTION
- FIRST AID ITEMS
- KNIFE / MULTI TOOL
- MATCHES / LIGHTER
- EMERGENCY BLANKET
- EXTRA FOOD
- EXTRA WATER
- EXTRA CLOTHES

