

Day Hiking Checklist

YOUR BASICS

- Daypack ([how to choose a pack](#))
- Cash and credit card
- ID and insurance card
- Water reservoir or bottle with [plenty of water](#)
- Food and snacks (~200 calories/hour)
- Basic toiletry kit
- First aid kit
- Headlamp and batteries
- Sun protection
- Knife
- Matches or lighter and tinder
- Light emergency bivy

CLOTHING

- Your hiking outfit
- Hiking shoes, boots or sandals
- Proper socks (and extra pair)
- Hat or beanie

Depending on weather

- Sunglasses
- Rain jacket or wind breaker
- Gloves
- Scarf
- Micro-spikes

FOR YOUR DOG

- Extra water
- Snacks
- Poop bags
- First aid kit for pets
- Leash and collar
- Tracker if you have one
- Read blog: [hiking with your dog](#)

MAPS AND NAVIGATION

- Map of your hike (physical or app*, ideally offline)
*Use code jassy30 to [get 30% off AllTrails+](#)
- Compass or GPS (depending on your map)
- Offline map of your drive
- Satellite device if you have one

PERMITS

- Day use permit
- Parking permit
- Hike permit for specific hikes

MISCELLANEOUS ITEMS

- Phone and portable charger
- Camera
- Trekking poles
- Electrolytes
- Bug repellent
- Cooling towel
- Moleskin
- Anti-chafe cream
- Pepper spray
- Bear spray
- Whistle
- Journal and pen
- Trash bag



Please don't forget to leave no trace. There's no substitute for nature.