



THE TEN ESSENTIALS CHECKLIST

HIKING GEAR

- _ DAYPACK
- _ TREKKING POLES
- _ PROPER FOOTWEAR

NAVIGATION

- _ MAP
- _ COMPASS
- _ GPS
- _ SATELLITE MESSENGER

SUN PROTECTION

- _ SUNGLASSES
- _ SUN-PROTECTIVE CLOTHING
- _ SUNSCREEN
- _ CHAPSTICK
- _ HAT

LIGHT

- _ HEADLAMP
- _ EXTRA BATTERIES
- _ SPARE HEADLAMP

FIRST AID SUPPLIES

- _ MEDICAL KIT
- _ BLISTER TREATMENT
- _ INSECT REPELLENT
- _ PERSONAL MEDICATION

FIRE

- _ WATERPROOF MATCHES
- _ LIGHTER
- _ TINDER

CLOTHING

- _ TOP & BOTTOM BASE LAYERS
- _ MID-LAYER
- _ INSULATING JACKET
- _ OUTER SHELL JACKET
- _ BEANIE
- _ GLOVES
- _ SOCKS

REPAIR KIT & TOOLS

- _ KNIFE
- _ DUCT TAPE
- _ CORD
- _ SAFETY PINS

FOOD & WATER

- _ 32OZ WATER BOTTLE
- _ WATER FILTER
- _ TRAIL SNACKS

EMERGENCY SHELTER

- _ LIGHT EMERGENCY BIVVY
- _ EXTRA-LARGE TRASH BAG

This checklist is intended for day hikes. It may include more items than you'll need for short treks, though you can adapt it to your needs.