

Beginner / Easy Trails

Essential gear for well-marked trails, short duration (2-4 hours), and mild weather. Focus on comfort and basics.

Water

- ☐ Water bottle (1-2 liters)
- ☐ Electrolyte packets (optional)

Food

- ☐ Energy bar
- ☐ Fruit
- ☐ Sandwich or light lunch
- ☐ Nuts/Trail mix

Safety

- ☐ Basic first-aid kit (band-aids, antiseptic wipes)
- ☐ Whistle
- ☐ Fully charged cell phone
- ☐ Sunscreen
- ☐ Insect repellent

Navigation

- ☐ Trail map (digital or printed)
- ☐ Compass (basic knowledge)
- ☐ Familiarity with trail markers

Gear

- ☐ Comfortable hiking shoes or sturdy athletic shoes
- ☐ Layered clothing (t-shirt, light jacket)
- ☐ Small daypack
- ☐ Hat for sun protection
- ☐ Sunglasses



Experienced / Hard Trails

Comprehensive loadout for rough terrain, long duration (6+ hours), changing weather, or overnight potential.

Water

- ☐ Hydration reservoir or multiple water bottles (2-3 liters capacity)
- ☐ Water filter or purification tablets
- ☐ Electrolyte tablets/powder
- ☐ Emergency shelter (light tarp, bivy sack)
- ☐ Knife/multi-tool
- ☐ Whistle

Food

- ☐ Calorie-dense, non-perishable meals (dehydrated, energy gels)
- ☐ Extra day's supply of food
- ☐ Cooking system (stove, fuel, pot) if applicable
- ☐ Utensils
- ☐ Bear canister/bag (if in bear country)
- ☐ Fully charged cell phone with power bank
- ☐ Sunscreen
- ☐ Insect repellent

Safety

- ☐ Comprehensive first-aid kit (blister treatment, wound care, personal meds, emergency blanket)
- ☐ Headlamp or flashlight with extra batteries
- ☐ Fire starter (waterproof matches/lighter, ferro rod)

Navigation

- ☐ Topographic map (waterproof)
- ☐ Compass (proficient use required)
- ☐ GPS device or phone with offline maps
- ☐ Power bank for electronic devices
- ☐ Altimeter (optional)



Gear

- ☐ Sturdy hiking boots (broken in)
- ☐ Moisture-wicking base layers
- ☐ Insulating mid-layer
- ☐ Waterproof/windproof outer shell
- ☐ Extra pair of socks
- ☐ Backpack suitable for multi-day trips (40L+)
- ☐ Tent/shelter
- ☐ Sleeping bag (appropriate temperature rating)
- ☐ Sleeping pad
- ☐ Trekking poles
- ☐ Hat (sun/warmth)
- ☐ Gloves (if cold)
- ☐ Sunglasses

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