

# HIKING CHECKLIST

DATE: \_\_\_\_\_  
TRAIL LOCATION \_\_\_\_\_

## CLOTHING

- LAYERS \_\_\_\_\_
- HIKING SOCKS \_\_\_\_\_
- HIKING BOOTS \_\_\_\_\_
- HAT \_\_\_\_\_
- RAIN COAT/PONCHO \_\_\_\_\_
- SUNGLASSES \_\_\_\_\_
- \_\_\_\_\_
- \_\_\_\_\_
- \_\_\_\_\_
- \_\_\_\_\_
- \_\_\_\_\_
- \_\_\_\_\_

## MEDICAL

- SUNSCREEN \_\_\_\_\_
- BAND-AIDS \_\_\_\_\_
- ANTISEPTIC WIPES \_\_\_\_\_
- PAIN RELIEVERS \_\_\_\_\_
- INSECT REPELLENT \_\_\_\_\_
- \_\_\_\_\_
- \_\_\_\_\_

## OTHER

- \_\_\_\_\_
- \_\_\_\_\_
- \_\_\_\_\_

## FOOD & WATER

- TRAIL MIX \_\_\_\_\_
- FRUIT \_\_\_\_\_
- GRANOLA \_\_\_\_\_
- WATER BOTTLE \_\_\_\_\_
- \_\_\_\_\_

## EMERGENCY GEAR

- FLASHLIGHT \_\_\_\_\_
- HEADLAMP \_\_\_\_\_
- BATTERIES \_\_\_\_\_
- NAVIGATION TOOLS \_\_\_\_\_
- \_\_\_\_\_
- \_\_\_\_\_
- \_\_\_\_\_
- \_\_\_\_\_
- \_\_\_\_\_
- \_\_\_\_\_

## ADDITIONAL ITEMS FOR LONGER HIKES

- EXTRA CLOTHING \_\_\_\_\_
- EXTRA FOOD \_\_\_\_\_
- EXTRA WATER \_\_\_\_\_
- LARGER BACKPACK \_\_\_\_\_
- TENT \_\_\_\_\_
- SLEEPING BAG \_\_\_\_\_
- SLEEPING PAD \_\_\_\_\_
- COOKING SUPPLIES \_\_\_\_\_
- MATCHES/LIGHTER \_\_\_\_\_
- WATER FILTRATION \_\_\_\_\_
- MULTI-TOOL \_\_\_\_\_
- PORTABLE CELL PHONE CHARGER \_\_\_\_\_
- \_\_\_\_\_
- \_\_\_\_\_
- \_\_\_\_\_
- \_\_\_\_\_

**IMPORTANT**  
Be sure to let someone know the details of your trip before you leave.

- LOCATION OF STARTING POINT \_\_\_\_\_
- LOCATION OF ENDING POINT \_\_\_\_\_
- ESTIMATED END TIME \_\_\_\_\_
- \_\_\_\_\_

