

Day Hiking Packing Checklist

This Hiking Packing Checklist is for all-day hiking. It's all the essential items you should consider and pack for your trek. Depends on the season, weather, the area, your hike level, and length adapt it for your needs. We wish you a safe and fantastic hiking adventure!

Hiking Gear & Tools



- Daypack
- Trekking Poles
- Headlamp or Flashlight
- Multi-tool or Knife & Repair Kit

Navigation & GPS Devices



- Printed/Paper Map
- Trail Description/Guide
- Outdoor Watch with GPS
- Compass
- Handheld GPS
- GPS with Satellite Communicator
- Personal Locator Beacons
- Satellite messengers

Emergency & First Aid Kit



- First Aid Kit
- Safety Whistle
- Fire Starter & Lighter
- Emergency Shelter
- Emergency Blanket

Food & Water



- Water Reservoir
- Water Bottle
- Hiking Snacks
- Trash Bag
- Water Filter/Tablets
- Hiking Spoon/Fork
- Extra Supply of Food

Personal Items



- ID
- Emergency Contact with Itinerary
- Credit Card/Cash
- Travel Insurance
- Cellphone
- Power Bank
- Permits
- Other documents

Health & Hygiene



- Hand Sanitizer
- Biodegradable Wet Wipes
- Biodegradable Toilet Paper
- Trowel
- Sunscreen
- Lip Balm
- Insect Repellent
- Medicines
- Menstrual Products

Clothing & Footwear

- Hiking Boots
- Wool Socks
- Moisture – Wicking Underwear
- Long Sleeve Thermal Base Layers
- 2nd Upper Layer – Lightweight Fleece or Jacket
- Rain & Wind Upper Layer
- Hiking Pants
- Beanie & Headbands
- Hut & Sunglasses
- Gloves
- 3rd Upper Layer for Cold Weather /Winter
- Thermal Wool Under Layer
- Hand Warmers
- Foot Warmers
- Crampons



Day Hiking Extras

- Camera
- Lenses
- Tripod
- DJI Osmo Pocket Camera or Go Pro
- Bear Spray or Bear Bells
- Rain Pack Cover
- Hammock
- Book or Kindle

