

# Short-Hike (1 – 2 hours) Equipment Checklist

For well-marked trails, little risk of getting lost  
Still, go with a buddy, and tell someone where you are going!  
Don't bring music – stay tuned to the environment.

## PREPARE

- Fill water bladder
- Research hike

## WEAR

- [Hiking boots](#) – high-ankle for stability; ankle protection, see blog note on boots
- [Lightweight wool socks](#) – keep feet warm even if wet, avoid cotton
- [Hiking shorts or pants](#) (if variable weather, I like “convertible” with zip-offs at the knees)
- [Light gloves](#) (lightweight, some warmth, depending on weather)
- Sun cap or a smart-wool beanie – depending on weather
- Sunglasses

**SOME CLOTHING LAYERS** (put on and take off in layers depending on conditions; select from below based on weather)

- [Tech t-shirt](#) – sweat-wicking, non-cotton
- [Lightweight long-sleeve shirt](#) – polyester and UV blocking, not cotton
- [Light sweater](#) – tech fabric, such as Arc'teryx Polartec
- [Light jacket](#) – synthetic, light weight, small in pack e.g. Arc'teryx Atom LT
- [Rain jacket \(hooded\)](#) and [rain over-pants](#) – Goretex breathable, light weight

## GEAR IN PACK



[Osprey Talon 22 Pack](#) and  
[2 ½ liter Osprey bladder](#)

- Light pack – 22-liter pack with 2 ½ liters bladder hydration, I like Osprey for versatile packs and bladder with no discernable plastic taste imparted to the water. E.g. [Osprey Talon 22](#) unisex (their smallest pack with hefty hip-belts. Get S/M for shorter torsos, M/L for longer torsos or get fitted. [2 ½ liter Osprey bladder](#))
- Spare pair of sunglasses
- Small tube sun block – SPF 35+
- Insect repellent
- [Protein bars for a stop along the way](#), also beef jerky. E.g. for taste and nutrition, I like GoMacro Macrobar Protein Purity

## OUTSIDE OF PACK

- Trail map and notes – *always research a hike before you go*
- [Trekking poles](#) – *I like Leki Wanderfreunds with spring action, see blog note on poles*
- Compact camera or phone camera

## HIKING WITH A DOG

- [Leashes](#) – *light, short leash and I like a Flexi-leash (see blog post on hiking with a dog).*
- [Plastic cup or pouch](#) – *to hold water from your bladder hose*
- Collar or harness – *with ID tag and phone number*
- [Hiking vest](#) – *RuffWear, for looking different than a wild animal; also, easier to spot when off leash*
- A comb- *you can use to remove bothersome burrs*

## FOR EMERGENCIES, UNUSUAL CIRCUMSTANCES, HELPING SOMEONE IN TROUBLE

- [Small first aid kit](#); tweezers; also, white tape and moleskin – *blister repair*
- [Small multi-knife](#) – **with** pliers *if taking a dog, for porcupine-spine removal*
- Tiny roll of duct tape, string

## OTHER ITEMS – YOUR ADDITIONS

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

*Most of this can be stored in your pack at the ready!*

*As we hiked higher and higher I saw the joy on Emme's face and the boldness of her actions. I'm pretty sure she saw the huge grin on my face. We were hooked and what a life change it became for both of us. Can you see her in this photo thinking, "Can't do that on a leash?"*

Read more about the dog who took me up my first mountain, as well as more hiking tips, at [RickCrandallBooks.com](http://RickCrandallBooks.com)

