

Longer Day-Hiking Equipment Checklist

Go with a buddy, tell someone where you are going!

Don't bring music – stay tuned to the environment.

PREPARE

- Fill water bladder
- Check all batteries
- Update GPS
- 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 (*Polartec stretch*) and rainproof over-gloves (*e.g. REI Minimalist mittens*)
- Sun cap and a smart-wool beanie
- Sunglasses – *for my main pair I like Maui Jim polarized thin wire frame (especially in altitude or hot sun, heavier glasses can cause discomfort on the nose and temples)*
- Waterproof watch

SIX CLOTHING LAYERS (*put on and take off in layers depending on conditions*)

- Polyester underwear – *fast drying, not cotton*
- 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

- Day pack – *32-38 liters size, Hip-belt style that transfers pack weight off the shoulders and onto your hips, with provision for bladder hydration, I like Osprey, Mira 32 for women; Kestrel 38 for men; see blog note on packs.*
- Spare pair of sunglasses – *these can be stronger frames to survive being in the pack*
- Spare boot lace
- Orange construction ribbon – *for “bread crumbs” tying markers for return trail-finding*
- Mini spikes if hiking on ice, snowy inclines – *I like Kahtoolas better than coiled springs.*

OUTSIDE OF PACK

- Route 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 helmet – *if hiking uphill on loose-rock, loose gullies*

FOOD AND PHARMA IN PACK

- Protein bars for sustenance and energy, also beef jerky – *eat something every 1 ½ -2 hrs. Experiment for taste and nutrition, read the label, I like GoMacro Macrobar Protein Purity*
- Lunch food – your preference – *I like 1 or 2 Peanut Butter and Jelly for protein and energy*
- Water – *I like a bladder in the pack with exterior drinking tube instead of bottled water; it encourages more frequent drinking, 3 liters size, I like the Osprey bladder, no plastic taste. (look for a blog note on packs)*
- Small tube sun block – *SPF 35+*
- Insect repellent, Aleve and Tylenol – *or equivalents*

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*
- Food – *avoid certain hiking foods for dogs like raisins, see blog post on dog snacks*
- 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

- Emergency GPS – *updated to current hike, I like DeLorme InReach for others to track you, also for distress call to Search and Rescue*
- Small first aid kit; tweezers; also, white tape and moleskin – *blister repair*
- Some extra food, water, electrolyte tabs – *e.g. GU Hydration Drink Tabs, in case you get lost*
- Small multi-knife – **with** *pliers if taking a dog, for porcupine-spine removal*
- Headlamp – *in case you hike into darkness*
- Tiny roll of duct tape, string, flame lighter, space blanket
- Toilet paper and moist wipes – *large, 6x8" moist wipes in a zip-lock bag (you never know)*
- Feminine pad – *for female bleeding or men in a bloody accident*
- Medication – *bring any required medication in case stuck overnight*
- Emergency inhaler – *for higher altitudes, ask your doctor if you should have, like Albuterol*
- Water filter – *consider one for a group on longer hikes; I like Katadyn Hiker Microfilter*

OTHER ITEMS – YOUR ADDITIONS

- _____
- _____
- _____

Looks like a lot, but most of this can be stored in your pack at the ready! Total weight of loaded pack including sandwiches, 2 liters water (4.4 lb.) and the water filter (12 oz) is 15.5 pounds.