

## 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](#)



Cap with back flap to protect back of neck from sun

Pants with zip-off bottoms converting to shorts

## 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



Five layers (+ underwear)

5

4

3

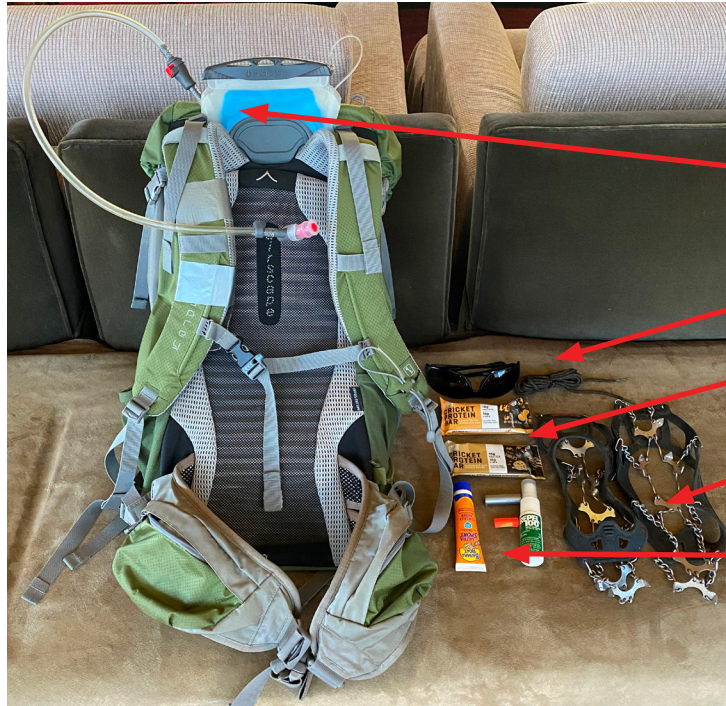
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## GEAR IN PACK

- ❑ 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.



3 liter water bladder in special pack pocket

Spare sunglasses, laces

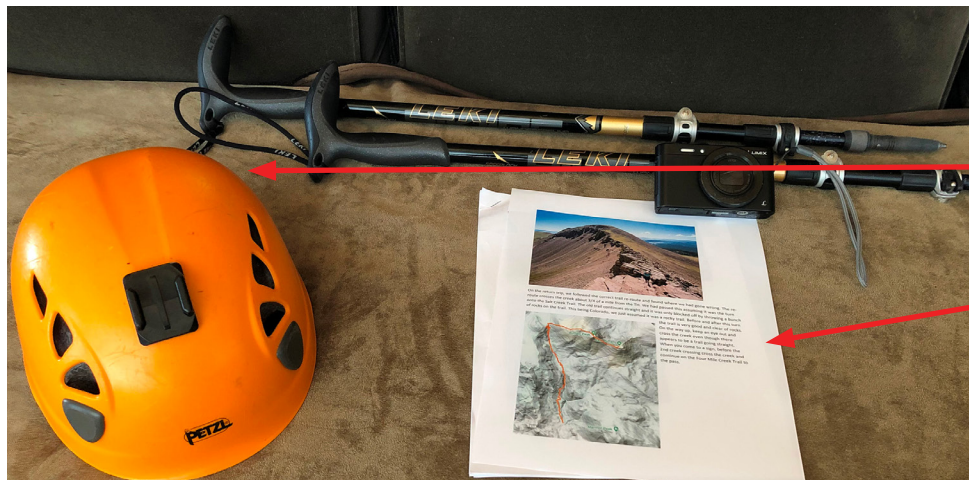
Protein bars

Kahtoola microspikes only for snow and ice conditions

Sunscreen, bug spray, duct tape, orange construction tape

## 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



Helmet only needed on loose-rock ascents and descents

Bring photos of landmarks and a mapped trail

## FOOD AND PHARMA IN PACK

- ❑ [Protein bars for sustenance and energy](#), also beef jerky – *eat something every 1 ½ -2 hrs. I like the Exo Peanut Butter Chocolate Chip and Chocolate Chip Cookie Dough bars*
- ❑ 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 repellant, 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



Bright orange dog hiking vest – for visibility

Flexi-leash

Harness (or collar) with tag, name and phone #

Cup from which dog can drink water



## 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



The 3-liter water bladder (realistically holds 2 ½ L)

Moist wipes and toilet paper

Water filter bring at your option. Weighs one pound. One serves a whole group.

## 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.*





*Loaded Pack Setup*

*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)

