

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*

PACK CHOICES

- 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 which has been their smallest pack with hefty hip-belts.
- Newer-design light pack – 15-liter pack with 2 ½ liters bladder hydration. Osprey Duro 15. The new design will become increasingly popular: it fits like a shirt - snug at all points on shoulders, hips, chest and back; wider shoulder straps increase comfort; more easy-access pockets on front straps.

BASIC GEAR IN PACK

- 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 Exo Cricket Protein bars

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!