

Hiking For Her's Dayhike Checklist



Essential Items

Clothing: No cotton

- Pants/Shorts/Skirt/Leggings
- Shirt: long/short sleeves
- Wicking underwear
- Sports bra (no underwires)
- Liner socks + hiking socks
- Lightweight wind resistant jacket
- Hat with brim

Trail Gear:

- Backpack or lumbar pack
- Hiking boots/shoes
- Water bottles with duct tape wound around them, or hydration bladder system
- Trekking poles

Safety Items:

- First aid kit (minimum: pain relief, disinfectant, band aids, tweezers, eye drops, scissors, gauze)
- Blister prevention/treatment
- Whistle
- Map & compass (don't rely upon GPS)
- Head lamp with batteries turned around to avoid accidental discharge
- Watch
- Bandanna (impromptu cold pack, eye patch, sanitary napkin, wound compress)
- Thin "space" blanket or lightweight tarp
- Fire starter kit (lighter, ignitable materials)
- Multi-tool/knife
- Lip balm (SPF 25) to prevent sun/wind burn
- Ace/compression bandage
- Drivers license, emergency contacts, pertinent medical conditions & medications in plastic bag

Comfort and Hygiene Items:

- Food, with extra "just in case" snacks
- Water, 1 liter minimum (with electrolytes added if needed)
- Trowel
- Hand sanitizer or soap flakes
- Baby wipes with plastic bag for disposal
- Menstruation supplies
- Insect repellent
- Sit pad



Add-Ons (Terrain and Weather Dependent)

- Base layers for warmth
- Bright colors if hunting season or heli-hiking (pilot can spot you)
- Sun blocking full length clothing in fabrics designed for UV protection
- Fleece or down vest
- Fleece or wool beanie
- Fleece gloves
- Glove covers
- Sunscreen (at least SPF30)
- Sunglasses on a retention cord
- Sleeping bag liner or bivvy sack
- Water treatment supplies
- Gaiters
- Traction devices for boots
- Balaclava or neck gaiter
- Pack cover
- Waterproof jacket and pants
- Instant heat/cold packs
- Bug net for face and neck
- Water shoes or hiking sandals for water crossings
- Metal cup/bowl

Fun Stuff

- Your favorite hard candy
- Laminated, accordion-fold field guide cards: trees, birds, flowers, scat, animal tracks
- A surprise trail treat for your hiking buddy
- Magnifying lens to examine rocks, moss, flowers, insects
- Ziplock plastic bags for treasures: feathers, bones, seeds, spores...
- Altimeter to check your topo map figures
- Pedometer to calculate your pace
- Binoculars for mammal tracking and birding
- Paper and pen for journaling or sketching

At The Trailhead:

- Hang parking pass/permit in car.
- Double check that an itinerary was filled out back home; if not, make quick phone call.
- Turn off cell phone to save battery.
- Eat a high carbohydrate snack for sustained energy.
- Stretch.
- Double check that your car keys are in your pack, and then double check that car doors are locked, before walking away from car.