

Day Hike Checklist

Clothing

- Socks (thin liner & thick outer)
- Shorts/Long Pants
- Shirt
- Vest/Jacket/Sweater (one or all)
- Parka/Rain Shell
- Rain pants
- Liner Gloves
- Hat (sun)
- Hat (warm)
- Sunglasses (high UV block)
- Boots
- Handkerchief

Pack

- Daypack (bigger the better)
- 1QT. Water bottles (2 minimum)
- Whistle (around your neck)
- Pocket Knife (Swiss army/Leatherman)
- Storm Kit (A)
- Flashlight w/extra batteries
- Map & Compass (& knowledge to use them)
- First Aid Kit (B)
- Signal mirror
- Lunch (W/Garbage bag, don't litter)
- Snacks (gorp, candy, cookies etc.)
- Sun Screen (high SPF)
- Insect repellent
- Tinkle/Curse Kit (women) (C)
- Clothes not worn
- Car keys
- Wallet

Nice to have/optional items

- Sitting Pad (18 x 18 closed cell foam)
- Spare eye glasses
- Camera & film
- Binoculars
- Survival blanket/nylon tarp
- Repair Kit (D)
- GPS (NOT a substitute for map and compass)
- Utility Cord (25 to 50 feet of 3mm)
- Small Hand Towel
- Altimeter
- Guide book/pages
- Bird/flower/etc. book(s)
- Journal & pencil

In the Car

- Parking permit
- Car survival kit
- Extra water/food
- Old bath towel
- Change of clothes
- Change of shoes

(A) Storm Kit:

- Matches
- Candle
- Tea Bag
- Bouillon
- Large plastic garbage bag(s)
- Metal Cup (Rocky/Sierra)
- Chem Light
- Metal or plastic carrying case

(C) Tinkle/Curse Kit:

- Carry case
- Toilet paper
- Sanitary Napkins
- Towelets
- Garbage bag

(B) First Aid Kit:

- Aspirin
- Antacid
- Antihistamine
- Throat Lozenges
- Personal Meds
- Band Aids (asrtd)
- Med Tape
- 1" Gauze
- Ace Bandage
- Antiseptic
- Compress
- Mole skin

(D) Repair Kit:

- Needle & thread
- Safety pins
- Rubber bands
- Duct tape

Hiking Tips

Here is a little accumulated hiking wisdom and explanations of why some items are found on the checklist.

- **Clothing.** All clothing should be wool or synthetics (fleece, polypro, nylon etc.). Stay away from cotton clothing, cotton absorbs water quickly and dries very slowly. Your body loses heat three times faster in cotton than with wool or synthetics and **nine times** faster in wet cotton. Clothing items mentioned in this checklist are for summer or milder weather hiking. If you extend your activities into spring or fall, harsher weather can be encountered (ie. snow and cold). For these times you should carry extra layers, such as long underwear, long pants, fleece pants, heavier gloves, and vest/jacket/sweater. Hypothermia: some folks think hypothermia is only a threat in the winter, not so, it can strike any time the weather is cool and wet. Mountain weather in summer is often similar to winter conditions in the valley.
- **Hats.** In cold weather It's said that you can lose 70 to 80 percent of your body heat through your head. Not wearing a hat is like trying to heat your house with the front door open (wasting a lot of energy). A warm hat is equivalent to wearing a shirt or light jacket. In hot weather a sun hat with a wide brim can help keep you cool, prevent sunburn, and shade your eyes.
- **Socks.** Wearing a thinner pair of socks under a heavier pair helps prevent blisters. The thinner liner sock should be made of a wicking material (ie. polypro) that will drive moisture away from the feet out to the outer sock. The outer sock should be wool or synthetic.
- **Daypack.** Look for a large daypack, one that will hold all your gear inside (2100 cubic inches +/- 200). Avoid a small pack where you have to tie gear to the outside of the pack. Tied on gear has a tendency to come untied and drop off or get snagged on tree branches and shrubs (I can't count how many gloves, hats, scarves and coats I've found). The difference in weight and cost between a small or large pack is insignificant but the ease of loading and organization is. Nice features to look for in a daypack are; outside pockets for water bottles, water bottles have a habit of leaking and you don't want your gear to get wet; small outside pocket for holding frequently used items like sunscreen, sunglasses, candy etc.; tie down loops and straps, to securely tie on a sitting pad or wet rain gear.
- **Water.** What life on this planet (and you) are all about, without it you quickly cease to function. Proper hydration is important for muscles to function, staying warm and thinking clearly. Dehydration on the other hand can cause cramps, nausea, poor decisions and hypothermia. Signs of dehydration are flu like symptoms, urinating infrequently, urine that is dark yellow or orange and acrid. When hydrated your urine is light yellow or clear. Drink regularly and pee frequently, the wilderness is not a place to be shy.
- **Sitting Pad.** A dry, soft, warm place to put your tired bottom. Insulate you from the cold ground in a storm / emergency situation. Standing on it can help keep your feet warmer. First Aid uses; ie. splinting, cut up to cover blisters.
- **Map & Compass.** Read a book, take a class, but learn how to use these. A map and compass are worthless without the knowledge to use them. Once you've learned to use a map and compass, take them out once in a while and practice using them, in the spring before the hiking season is a good time. If you're out on a group hike, don't just be a follower - be a participant. Talk to the trip leader about where you're going; study the map; learn the route and landmarks; get an estimate of the time the trip should take; pay attention to landmarks as you hike along; look back down the trail when at a landmark or fork in the trail, things can look really different when approaching from a different direction. Before you start preset your compass to an escape heading (return direction to car or road), that way you'll have a head start if things go bad. When on the trail ask yourself the question; "If I just got separated, could I find my way out"? Your answer should be yes.
- **Keys & Wallet.** Trail Head break-ins are becoming far too frequent; keep your car keys and wallet with you. Thieves already know all of your favorite hiding places. Don't leave anything of value in the car. Anything you do leave behind (ie. change of clothes) leave out on the seat or floor, not in a bag; thieves will grab a bag and later check for valuables. They'll then just pitch the bag and your old jeans with it. Consider putting together a hiking set of keys and wallet. Don't take your □wad-o-keys□ (you wouldn't want to lose the keys to your old high school diary), make copies of the keys you'll need (car and house). Consider making a second set of car keys and giving them to a member of your party, in case yours are lost. For a wallet, the same thing as goes for keys. In a separate bag or pouch just bring a drivers license, bankcard, extra cash, auto club card, phone card and a list of important phone numbers. Consider not locking your car, it could save you a smashed window.
- **Storm Kit.** Weather in the backcountry can be very unpredictable. I've seen it go from sunny and 80 degrees to 38 degrees and raining in half an hour. If you get lost, have to wait out a storm, storm swollen river, or get injured and have to wait for help, these items could save your life or at least make the wait a little more comfortable. As with the map and compass advice, read a book or take a class in survival. Learn how to use all the items in your pack; they could save yourself or a friend.
- **First Aid Kit.** Learn first aid. This kit listed is minimal, you should expand it. Don't forget personal medications or allergy medication such as asthma inhalers and bee sting kits. A sanitary napkins make a good compress bandage.
- **Utility cord.** A thousand and one uses. Lashing shelters, splints, and stretcher or making a confidence handrail for a river crossing. Tying other people's lost items on to your pack: see Day Pack above.