

DAY HIKE

PACKING LIST

GEAR/TOOLS

- ☐ BACKPACK
- ☐ TREKKING POLES
- ☐ BINOCULARS
- ☐ UTILITY KNIFE
- ☐ MAP
- ☐ COMPASS/GPS
- ☐ BEAR SPRAY
- ☐ WATERPROOF MATCHES
- ☐ HEADLAMP
- ☐ FLASHLIGHT
- ☐ BATTERIES

FIRST AID/HYGENE

- ☐ IBUPROFEN
- ☐ IMODIUM
- ☐ ANTIHISTAMINE
- ☐ BANDAIDS
- ☐ GAUZE
- ☐ TWEEZERS
- ☐ HAND SANITIZER
- ☐ ALCOHOL WIPES
- ☐ BUG SPRAY

CLOTHING/ACCESSORIES

- ☐ HIKING BOOTS/SHOES
- ☐ SOCKS
- ☐ SHIRT
- ☐ PANTS
- ☐ HAT/BEANIE
- ☐ SUNGLASSES
- ☐ RAINJACKET
- ☐ GLOVES
- ☐ SUNSCREEN
- ☐ SPF LIP BALM
- ☐ EXTRA CLOTHES

FOOD/WATER

- ☐ SNACKS
- ☐ LUNCH
- ☐ ELECTROLYTES
- ☐ EXTRA WATER
- ☐ EXTRA FOOD

OTHER

- ☐ I.D.
- ☐ CASH