

DAY HIKE CHECKLIST

Before leaving on any hike, always inform someone of where you will be and when you will return.

Food & Water

See hydration & nutrition info on our website.

Gear

Day/hydration pack
*Water bottles
*Rain pack cover/liner
Pocket knife
Flashlight
Batteries
Lighter/matches
Trash bag
Sunglasses
*Sunglasses case/strap
*Trekking poles/staff
*Camera

Group Gear¹

Map of area
Compass/GPS

Clothing Worn

Synthetic underwear
Liner socks
Hiking socks
Synthetic pants/convertibles²
*Webbing belt
Synthetic T-shirt and/or long sleeve shirt²
Hiking boots
Shade hat
*Watch
*Lightweight gaiters

Clothing Carried

Poncho/rain jacket
*Rain pants
*Bandana

Additions for Cold Weather

Jacket/extra layers
Gloves
Warm hat

Health & Hygiene

Sun block
Insect repellent
Kleenex/toilet paper
*Hand sanitizer³

Personal First Aid⁴

Mole skin/blister pads
Needle
Burn/blister ointment
Assorted Band-Aids
Antiseptic wipes
Pain reliever (aspirin, other)
Lip ointment
Comb (for removing cholla)
3ft duct tape (gear first aid)

Group First Aid¹

Complete first aid kit
Venom extractor kit

1. Only one of these items is needed for two or more people.
 2. Trails can be overgrown. Long pant legs and long sleeves should be worn or carried.
 3. Alcohol based hand sanitizers can also be used as an emergency fire starter.
 4. Each person should carry these basic first aid supplies as a minimum.
- *Optional

Extras for After the Hike

Small cooler with beverages	Shower supplies (if shower available)
Change of shoes & socks	Towel
Change of clothes	Deodorant
Moist towelettes	Comb/hair brush