

Hiking Essentials Checklist

Hiking Outfit + Essentials

- ☐ Hiking backpack
- ☐ Hiking shirt + pants
- ☐ Hiking boots + socks
- ☐ Trekking poles
- ☐ Snacks
- ☐ Water + Hydration pack
- ☐ Bug spray + sunscreen
- ☐ First aid kit
- ☐ Map + compass
- ☐ GPS watch
- ☐ Binoculars

Hiking Extras

- ☐ Camera
- ☐ Outdoor backpack cover
- ☐ Moleskin blister dressing
- ☐ Space blanket
- ☐ Safety whistle
- ☐ Lighter + matches

Hiking Safety + Sanitary Gear

- ☐ Bear spray
- ☐ Flashlight or headlamp
- ☐ Rain jacket
- ☐ ID, cash, trail permits, keys
- ☐ Sunglasses
- ☐ Hat + gloves
- ☐ Toilet paper
- ☐ Knife
- ☐ Two-way radio
- ☐ Repair kit or tape

Hiking Luxuries

- ☐ Fire starter
- ☐ Bandana
- ☐ Apps like AllTrails
- ☐ Hand warmers
- ☐ Hand sanitizer
- ☐ Chapstick