



Checklist for a DAY HIKE



☐ Day Pack

A day pack is anywhere from 10 litres to 30 litres depending on what you need to carry.

☐ Water & Food

2-4 litres per person and/or water treatment options. Trail snacks such as cereal bars, trail mix, fruit etc. and take a lunch if out longer than 3 hours. Bring a stash of high energy snacks in case you end up being out longer than you expect.

☐ Hiking Shoes or Boots

Sturdy soles with 3-4mm lugs for traction.

☐ Hiking Appropriate Clothing

Dress for the weather and ALWAYS take a dry, warm layer and wind/waterproof jacket.

☐ Flashlight or Headlamp

With new or extra batteries.

☐ Lighter & Fire Starter

Dryer lint, or other easy to light materials in waterproof container/bag.

☐ Pocket Knife or Multitool

☐ Whistle & Communication Device

For emergency only: Blast whistle 3 times, pause, blast 3 times, repeat. You should also carry a cell phone, SPOT, Garmin InReach or Satellite phone, depending on your remoteness so you will be able to call for help if the need arises.

☐ Map & Compass

Get a good topographical map of the local area and bring a compass. Only bring a GPS if you are familiar with its use.

☐ First Aid Kit

Size depends on the number of people in your group. Be familiar with how to use each item in your kit.

Optional Items

Tarp, Rope Or Emergency Shelter
Gaiters
Hiking Poles
Sunscreen And Bug Repellent
Binoculars
Camera