

Day Hike

Day pack for a hike. Add layers for shoulder season; subtract for hot weather.

NAVIGATION

- Phone
 - Charged
 - Offline maps downloaded
- Map (printed backup)
- Compass
- Permit (if required)
- Itinerary left with someone

SUN

- Sunscreen
 - Sunscreen chapstick
- Sunglasses
 - Prescription (contacts/glasses)
- Sun hat

INSULATION

- Boots or trail runners
- Socks (+ 1 spare for long days)
- Hiking pants or shorts
- Shirt (wicking)
- Fleece or midlayer
- Atom or light puffy
- Shell
- Warm hat (shoulder season)
- Gloves (shoulder season)

SAFETY

- First aid kit
 - Medicine
- Headlamp
 - Charged / batteries
- Whistle
- Knife / multitool
- Firestarter
- Emergency space blanket
- InReach (remote / solo)
 - Charged

EXTRA

- Backpack
- Water (2L+)
- Water filter (longer hikes)
- Food (lunch + extra)
- Trekking poles
- Microspikes (shoulder season)
- Bug spray
- Hand sanitizer + TP + waste bag
- Après (in car)
 - Socks
 - Shirt
 - Pants
 - Snack