

DAY HIKE GEAR CHECKLIST - SECTIONHIKER.COM

Day hiking is great fun: great for the body and great for the soul. Make sure that you, your friends, family, and pets are properly equipped for your hike by referring to the following gear checklist before heading out. This checklist is deliberately comprehensive so you don't forget something. Start by packing up The 10 Essentials and then refer to the items below for other things that may be necessary for your intended route, weather, or companions.

The 10 Essentials

Here's the basic gear you should carry for any hike to stay safe, comfortable, and remain self-sufficient.

- 1. Navigation (paper map at a minimum, plus compass, GPS, or GPS phone app)
- 2. Sun Protection (hat with visor, sunglasses, suntan lotion)
- 3. Extra Clothing (warm hat, fleece or wool sweater, rain jacket or windbreaker)
- 4. Illumination (headlamp, flashlight, extra batteries...your cell phone doesn't count)
- 5. Basic First Aid Kit (pain relievers, antihistamine, band aids, blister pads)
- 6. Fire Making Kit (waterproof matches, accelerant like vaseline and cotton balls)
- 7. Multi-tool and Repair Kit (swiss army knife, duct tape, safety pins)
- 8. Food (salty snacks, food bars, dried fruit, sandwich)
- 9. Hydration (water or fruit drinks, aim for 1L per person for every 2 hours up to 3L)
- 10. Emergency Shelter (emergency blanket, bivy, or tarp)

Clothing

Always check the weather forecast before a hike to make sure you're bringing the correct clothing. Higher elevations are usually colder and windier than valleys. Avoid wearing cotton clothing except in desert conditions because it takes longer to dry than synthetics or wool.

- [Fleece or wool cap](#)
- [Sun hat](#)
- [Insect head net](#)
- [Buff or bandana](#)
- [Fleece or wool sweater](#)
- [Fleece vest](#)
- [Long sleeve/short sleeve hiking shirt](#)
- [Long/convertible hiking pants](#)
- [Hiking shorts](#)
- [Synthetic underwear \(cotton causes chafing and should be avoided\)](#)
- [Hiking Bra](#)
- [Rain jacket](#)
- [Rain pants](#)
- [Windbreaker](#)
- [Soft shell jacket](#)
- [Insulated jacket \(down or synthetic\)](#)
- [Gloves](#)
- [Spare pair of hiking socks](#)

Footwear

Footwear should be very well broken in before hiking with it to prevent hot spots and blisters. There's a high probability that you'll get blisters if wearing shoes for the first time on a hike.

- [Lightweight hiking boots](#)
- [Approach shoes](#)
- [Trail running shoes](#)
- [Running shoes](#)
- [Hiking Sandals](#)
- [Wool, Polyester, or Nylon Socks](#)
- [Low Gaiters](#)

Electronics

- Watch (be sure to check when sunset is before your hike)
- [Headlamp](#)
- [GPS Receiver w/maps](#)
- Smartphone GPS App w/ preloaded map
- Fully Charged Cell Phone (be sure to look up local emergency numbers in advance)
- Waterproof cell phone case or plastic bag to keep it dry
- Digital Camera
- USB/Apple compatible battery charger
- [Extra lithium batteries \(cold resistant, longer lasting\)](#)
- [Personal Locator Beacon](#)
- [Satellite Messenger](#)
- [Steripen water purifier](#)

Pets

Dogs are great hiking companions, but when starting out it's important that you equip your pup properly and prepare them for an environment where they're likely to encounter wild animals, other people, and dogs. Be sure to protect their paws and bring plenty of food, water, and gear to keep them comfortable, safe, and their tails wagging.

- [Dog Leash](#)
- [Dog Harness](#)
- [Dog Boots and Paw Protectors](#)
- [Dog Pack](#)
- [Drinking Bowl](#)
- [Canine First Aid Kit](#)
- [Dog Jacket](#)
- [Waste Bags](#)

Other Recommended Items

- [Trip Plan \(left with friend or relative\)](#)
- [Daypack](#)
- [Waterproof stuff sacks](#)
- [Water bottles or soft bottles](#)
- [Water filter or purification drops/tablets](#)
- [Whistle](#)
- [Trekking Poles](#)
- [Insect Repellent](#)
- [Toilet Paper](#)
- [Female Urinary Device](#)
- [Hand Cleanser](#)
- [Leave No Trace Trowels](#)