

## Day Hike Checklist

- Day Pack
- **Ten Essentials** (see separate list)
- Clothing
  - Synthetic (no cotton!)
  - Hat
  - Gloves or mittens (plus extra)
  - Socks (plus extra)
  - Boots or footwear suitable for the terrain
  - Extra clothing
  - Raingear
- Trekking poles (if desired)
- Map & directions
- Lunch
- Snacks
- Water
- Personal items - Keys, driver's license, money, emergency contacts, cell phone in a zip type plastic bag
- Toilet kit (toilet paper, zip bags, hand sanitizer)
- Hand warmers
- Plan left with family/emergency contact
- Bag for dirty boots/change of shoes