



Hiking Essentials Checklist

Wishing you brought an item you left at home while hiking can take a toll on the entire trip. Go through this checklist to ensure a safe and memorable hike!

- Extra food
- Extra water
- Extra clothing and layers
- Hiking backpack
- Weather-appropriate, non-cotton clothing
- Sturdy hiking footwear
- Waterproof/breathable jacket
- Thermal socks
- Binoculars
- Whistle
- Navigation tools (map, compass)
- Sun protection (hat, sunscreen, lip balm)
- Hand sanitizer
- Bug spray
- Flashlight or headlamp and extra batteries
- Powerbank and cord for electronic devices
- Phone/camera
- Knife or multi-tool
- Firestarter (matches, lighter, magnifying glass)
- Toilet paper
- First-aid kit
- Medication
- Repair kit and tools
- Trash bag
- Guidebook/description of the trail
- Identification and money

Add your own needed items below:

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