



Day Hike Packing List

NO COTTON!

Essential Gear & Clothing –

- **Footwear:** Sturdy hiking boots or trail runners with suitable tread, paired with moisture-wicking wool or synthetic socks.
- **Clothing Layers:** Moisture-wicking, base layer, T-shirts 1ea Short & long sleeve, insulating mid-layer (fleece or lightweight down) vest or jacket, and a waterproof/windproof rain jacket.
- **Backpack:** 15–25-liter daypack with comfortable shoulder straps.
- **Hat and Mittens or gloves:** Light or heavy depending on time of year

Hydration & Nutrition

- **Water:** Minimum 2 liters / 64+ ounces per person (water bottle or hydration bladder, Nalgene bottles preferred).
- **High-Energy Snacks:** Trail mix, energy bars, dried fruit.

Safety & Personal Items

- **Navigation:** Physical map/compass or fully charged phone with offline maps.
- **Sun Protection:** Sunglasses, broad-spectrum sunscreen, and a brimmed hat or cap.
- **First Aid:** Basic personal first aid kit (bandages, blister treatment, antiseptic wipes, personal medications).
- **Emergency Essentials:** Small flashlight or headlamp (preferred) with extra batteries,
- **Sanitation:** Hand sanitizer, travel tissues/toilet paper, and a small sealable trash bag (Leave No Trace).