

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, drivers license, money, emergency contacts, cell phone in a zip type plastic bag
- Toilet kit (toilet paper, zip bags, hand sanitizer)
- Hand warmers