

HIKE DAY CHECKLIST

Do you have these things in your bag, in your car, or on your person?

Ten Essentials™

Sun protection	Shelter
First aid kit	Knife
Extra food	Fire-making essentials
Water (and purification drops or tablets)	
Communication/navigation device	
Headlamp (fully charged or with extra batteries)	
Extra layers (including rain gear & puffy)	

Wallet/ID

Car keys

Emergency contact info

Nature-Be-Callin' Kit

Trowel
Toilet paper
Ziploc baggie to *Leave No Trace™*
Hand sanitizer

Wildlife deterrent

Bug spray

Pack cover in case of rain

Daybag with dry clothes, comfy shoes, and extra snacks & drinks in your car for post-hike bliss?

Optional:

Trekking poles	Cushion to sit on for lunch
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babes in the woods

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