Hiking Checklist

Day hikes, winter hikes and overnight trips | JoinHikes.com

Trip: _____

Date: _____

BEFORE YOU LEAVE HOME

- [ ] Check the weather forecast and sunset time
- [ ] Check trail conditions, closures and fire rules
- [ ] Download an offline map of the route
- [ ] Leave your route and return time with someone
- [ ] Permits, park pass and parking pass
- [ ] Charge phone, headlamp, watch and power bank

THE TEN ESSENTIALS

- [ ] Navigation (map, compass, phone, GPS)
- [ ] Headlamp + spare batteries
- [ ] Sun protection (glasses, sunscreen, hat)
- [ ] First-aid kit
- [ ] Knife or multi tool + repair kit
- [ ] Fire (lighter, matches, fire starter)
- [ ] Emergency shelter (bivy or blanket)
- [ ] Extra food
- [ ] Extra water + water treatment
- [ ] Extra clothes (warm layer, rain jacket)

BACKPACK & PACKING

- [ ] Daypack (15-30 L) or backpack (40-65 L)
- [ ] Pack liner or dry bags
- [ ] Pack rain cover
- [ ] Stuff sacks or packing cubes
- [ ] Zip pouch for keys, ID and cards
- [ ] Shoulder-strap phone holder
- [ ] Hip-belt pocket or small waist pack
- [ ] Trash bag for wrappers
- [ ] Carabiner or gear clip
- [ ] Sit pad

FOOTWEAR

- [ ] Hiking boots, hiking shoes or trail runners
- [ ] Hiking socks (merino or synthetic)
- [ ] Spare pair of dry socks
- [ ] Liner socks (blister prevention)
- [ ] Gaiters
- [ ] Waterproof shoe covers
- [ ] Sandals or camp shoes (river crossings)
- [ ] Supportive insoles
- [ ] Spare laces

CLOTHING

- [ ] Moisture-wicking shirt or base layer
- [ ] Non-cotton underwear / sports bra
- [ ] Hiking pants, shorts or leggings
- [ ] Long-sleeve sun shirt
- [ ] Fleece or mid layer
- [ ] Insulated (puffy) jacket
- [ ] Waterproof rain jacket
- [ ] Rain pants
- [ ] Poncho (alternative to rain gear)
- [ ] Wind jacket
- [ ] Sun hat or cap
- [ ] Warm beanie
- [ ] Light gloves
- [ ] Buff, neck gaiter or bandana

SUN & BUG PROTECTION

- [ ] Sunglasses (UV protection)
- [ ] Sunscreen SPF 30+
- [ ] SPF lip balm
- [ ] Insect repellent
- [ ] Bug head net
- [ ] Permethrin-treated clothing
- [ ] Sting / bite relief
- [ ] Tick remover

WATER

- [ ] Water bottles
- [ ] Hydration reservoir
- [ ] Extra water for delays
- [ ] Water filter or purifier
- [ ] Purification tablets (in date, backup)
- [ ] Filter collection bag
- [ ] Collapsible water container
- [ ] Electrolyte packets
- [ ] Insulated bottle (hot or cold drinks)

FOOD

- [ ] Trail snacks (salty and sweet)
- [ ] Lunch for longer hikes
- [ ] Extra food for delays
- [ ] Energy gels or chews
- [ ] Food storage bags / bear canister if required
- [ ] Spoon or spork

NAVIGATION & COMMUNICATION

- [ ] Paper map
- [ ] Compass
- [ ] Phone with offline maps
- [ ] Handheld GPS
- [ ] GPS or hiking watch
- [ ] Satellite communicator
- [ ] Personal locator beacon (PLB)
- [ ] Walkie-talkies (groups)
- [ ] Emergency weather radio
- [ ] Emergency contact card

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LIGHT & POWER

- [ ] Headlamp (one per hiker)
- [ ] Spare batteries
- [ ] Backup light
- [ ] Power bank
- [ ] Charging cables
- [ ] Portable solar panel (longer trips)

FIRST AID & HEALTH

- [ ] First-aid kit
- [ ] Adhesive bandages (assorted)
- [ ] Gauze pads and medical tape
- [ ] Blister care (moleskin, blister plasters)
- [ ] Antiseptic wipes
- [ ] Antibiotic ointment
- [ ] Pain reliever / anti-inflammatory
- [ ] Antihistamine
- [ ] Personal prescription medication
- [ ] Epinephrine auto-injector (if prescribed)
- [ ] Tweezers
- [ ] Small scissors
- [ ] Gauze roll
- [ ] Triangular bandage / splint (remote trips)
- [ ] First-aid reference card
- [ ] Disposable gloves
- [ ] Elastic bandage
- [ ] Small mirror
- [ ] Hand sanitizer

BATHROOM & HYGIENE

- [ ] Toilet paper
- [ ] Trowel
- [ ] WAG bag where required
- [ ] Zip bag for used toilet paper
- [ ] Menstrual products
- [ ] Wet wipes
- [ ] Small quick-dry towel

EMERGENCY & FIRE

- [ ] Whistle
- [ ] Emergency blanket or bivy
- [ ] Lighter
- [ ] Waterproof matches
- [ ] Fire starter (cubes or ferro rod)
- [ ] Signal mirror

TOOLS & REPAIR

- [ ] Multi tool
- [ ] Knife
- [ ] Repair tape (duct or gear tape)
- [ ] Spare cord / paracord
- [ ] Zip ties
- [ ] Safety pins
- [ ] Needle and thread
- [ ] Trekking poles + spare tips
- [ ] Spare pack buckle

PERSONAL ITEMS & EXTRAS

- [ ] ID and health insurance card
- [ ] Cash and card
- [ ] Car keys (clipped in the pack)
- [ ] Phone
- [ ] Camera or action camera
- [ ] Binoculars
- [ ] Trail guide or notes
- [ ] Notebook and pen
- [ ] Trekking umbrella
- [ ] Hand warmers
- [ ] Spare glasses / contact lens supplies
- [ ] Lens cloth
- [ ] Bear spray (where legal)

HIKING WITH KIDS

- [ ] Child carrier or kid-size daypack
- [ ] Diapers, wipes + pack-out bags
- [ ] Extra snacks and water
- [ ] Spare clothes
- [ ] Whistle for each child
- [ ] Kid-friendly sunscreen and bug spray

HIKING WITH A DOG

- [ ] Water and collapsible bowl
- [ ] Dog food and treats
- [ ] Leash and harness
- [ ] Dog boots
- [ ] Poop bags
- [ ] Dog first-aid items
- [ ] ID tag

HOT WEATHER & DESERT ADD-ONS

- [ ] Extra water (plan for more in heat)
- [ ] Extra electrolytes
- [ ] Sun hoody
- [ ] Wide-brim hat
- [ ] Cooling towel
- [ ] Start early to avoid midday heat

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RAINY DAY ADD-ONS

- [ ] Rain jacket and rain pants
- [ ] Pack cover and pack liner
- [ ] Quick-dry clothing
- [ ] Waterproof phone case
- [ ] Dry socks in a dry bag

WINTER HIKING ADD-ONS

- [ ] Thermal base layers (top and bottom)
- [ ] Warm insulated jacket
- [ ] Waterproof shell jacket
- [ ] Insulated or softshell pants
- [ ] Insulated waterproof winter boots
- [ ] Thick wool socks + spares
- [ ] Snow gaiters
- [ ] Liner gloves
- [ ] Insulated waterproof gloves or mittens
- [ ] Warm hat
- [ ] Balaclava or face covering
- [ ] Goggles or dark sunglasses (snow glare)
- [ ] Microspikes
- [ ] Crampons + ice axe (trained users only)
- [ ] Snowshoes
- [ ] Trekking poles with snow baskets
- [ ] Insulated bottle, bottle sleeve or thermos
- [ ] Spare dry gloves
- [ ] Food that stays edible in the cold
- [ ] Hand and toe warmers
- [ ] Extra batteries kept warm
- [ ] Avalanche gear + training (avalanche terrain)

OVERNIGHT: SHELTER

- [ ] Tent with rainfly and poles
- [ ] Tent footprint or groundsheet
- [ ] Tent stakes and guylines
- [ ] Tent repair kit / pole sleeve
- [ ] Hammock with bug net and tarp (option)

OVERNIGHT: SLEEP

- [ ] Sleeping bag or quilt (temp rated)
- [ ] Sleeping pad (check R-value)
- [ ] Pad repair kit + inflation sack
- [ ] Sleeping bag liner
- [ ] Camp pillow
- [ ] Dry sleep clothes
- [ ] Earplugs and eye mask

OVERNIGHT: KITCHEN

- [ ] Backpacking stove
- [ ] Fuel canister
- [ ] Backup lighter
- [ ] Pot with lid
- [ ] Mug
- [ ] Spoon or spork
- [ ] Bowl or cookset
- [ ] Meals for each day + 1 extra
- [ ] Coffee or tea kit
- [ ] Bear canister or food bag
- [ ] Small sponge + biodegradable soap

OVERNIGHT: CAMP & PERSONAL

- [ ] Toothbrush and toothpaste
- [ ] Camp shoes
- [ ] Lantern or headlamp
- [ ] Permit or campsite reservation
- [ ] Extra socks and underwear
- [ ] Trash bag (pack it out)

3-DAY TRIP ADD-ONS

- [ ] Meals for 3 days + 1 extra
- [ ] Fuel for every planned meal
- [ ] Extra power bank capacity or solar panel
- [ ] Plan for water refill points
- [ ] One extra warm layer
- [ ] Route plan + alternate exits
- [ ] Dry sleep set kept separate

LEAVE IN THE CAR

- [ ] Change of clothes and shoes
- [ ] Extra water
- [ ] Snacks
- [ ] Towel
- [ ] Cooler with drinks
- [ ] Basic first-aid kit
- [ ] Phone charger

FINAL TRAILHEAD CHECK

- [ ] Correct trailhead; no closures or hazards
- [ ] Forecast, sunset and turnaround time checked
- [ ] Offline map opens with data off
- [ ] Someone at home has your route
- [ ] Each hiker has water, food, light, layers, meds
- [ ] Shared gear assigned (first aid, filter, shelter)
- [ ] Rain gear and first aid within reach
- [ ] Overnight: shelter, sleep gear, fuel, food storage, permits