

Day Hike Checklist

You can create a customized version of this [Day Hike Checklist](#) by visiting our website at [EverstrykeMatch.com](#)... it's Absolutely Free!

Footwear and Clothing

- | | |
|--|---|
| <input type="checkbox"/> Boots or shoes | <input type="checkbox"/> Thick hiking socks |
| <input type="checkbox"/> Liner socks | <input type="checkbox"/> Long pants |
| <input type="checkbox"/> Shorts | <input type="checkbox"/> Baselayer shirts |
| <input type="checkbox"/> Pullover shirts | <input type="checkbox"/> Button-up shirts |
| <input type="checkbox"/> Sweater | <input type="checkbox"/> Lightweight thermal jacket |
| <input type="checkbox"/> Windbreaker | <input type="checkbox"/> Rain jacket |

Hiking Equipment

- | | |
|-------------------------------------|---|
| <input type="checkbox"/> Backpack | <input type="checkbox"/> Trekking poles |
| <input type="checkbox"/> Flashlight | <input type="checkbox"/> Multitool |

Navigation

- | | |
|--|---|
| <input type="checkbox"/> Paper area maps | <input type="checkbox"/> Maps downloaded to phone |
| <input type="checkbox"/> GPS device | |

Personal options

- | | |
|--|--|
| <input type="checkbox"/> Hat | <input type="checkbox"/> Sunglasses |
| <input type="checkbox"/> Sunscreen | <input type="checkbox"/> Lip balm |
| <input type="checkbox"/> Insect repellent | <input type="checkbox"/> Head net / insect barrier |
| <input type="checkbox"/> Toilet paper and plastic trowel | <input type="checkbox"/> Portable power bank |
| <input type="checkbox"/> Small camera | |

First Aid / Emergency

- | | |
|--|---------------------------------------|
| <input type="checkbox"/> Water purification tabs | <input type="checkbox"/> Water filter |
| <input type="checkbox"/> Satellite comm device | <input type="checkbox"/> Fire starter |
| <input type="checkbox"/> Mylar emergency blanket | <input type="checkbox"/> Blister tape |
| <input type="checkbox"/> Medical tape | <input type="checkbox"/> Gauze |
| <input type="checkbox"/> Antibiotic ointment | <input type="checkbox"/> Tweezers |
| <input type="checkbox"/> Benadryl | <input type="checkbox"/> Ibuprofen |

Food & Water

- | | |
|---|---------------------------------------|
| <input type="checkbox"/> 2 liters water | <input type="checkbox"/> Granola bars |
| <input type="checkbox"/> Trail mix | <input type="checkbox"/> Beef jerky |
| <input type="checkbox"/> Nuts | <input type="checkbox"/> Cheese |
| <input type="checkbox"/> Dried fruit | |