

# 10 TOES TRAVEL

## DAY HIKE CHECKLIST

This checklist is fairly comprehensive and meant for day hikes on the edge of wilderness where if things go wrong, they can go very wrong. Obviously for short day hikes of 1-3 miles near urban areas or on highly trafficked trails you can adjust accordingly. I however prefer safe to sorry.

### HIKING GEAR

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- Daypack
- Trekking Poles

### NAVIGATION

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- Map
- Route description
- Compass
- Personal locator beacon

### Optional Items

- GPS
- Altimeter watch
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### EMERGENCY GEAR

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- First aid kit
- Lighter and fire starter
- Emergency blanket
- Whistle
- Itineraries left with friend and in car
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### TOOLS & REPAIRS

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- Multitool with knife
- Fixed blade knife\*
- Duct tape
- Small gear repair tape
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### CLOTHING/FOOTWEAR

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- Moisture-wicking underwear
- Moisture wicking base layer
- Quick drying pants/shorts
- Long sleeve shirt
- Lightweight warm jacket
- Boots suitable to the terrain
- Synthetic or wool socks
- Hat/cap for sun protection
- Extra clothes\*

### Additional items for cool or wet days

- Windbreaker
- Rain coat & pants
- Long underwear
- Insulated jacket
- Fleece pants
- Gloves
- Warm hat

### Optional items

- Bandana or buff
- Gaiters
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### FOOD AND WATER

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- Water bottle or hydration bladder
- Water filter/purifier
- Trail snacks
- Lunch
- Extra day's food\*optional extras
- Hand sanitizer
- Menstrual products
- Prescription medications
- Sunscreen
- Sunglasses on a leash
- SPF rated lip balm
- Insect repellent
- Toilet paper
- Sanitary Towel
- Sanitation trowel
- Urination device
- Baby wipes
- Camera
- Sketch book
- Binoculars
- Two-way radios
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### PERSONAL ITEMS

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- Keys
- Wallet
- Phone
- Cash
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