



MY PACKING LIST



~~~~DAY HIKE ~~~~

## Clothing

### Footwear

\_\_\_ hiking boots (broken in) OR athletic "trail" sneakers

\_\_\_ wool/synthetic socks (sock liners optional)

\_\_\_ extra pair of socks

### Headwear

\_\_\_ sun hat or baseball cap

\_\_\_ fleece/wool beanie

### Gloves

\_\_\_ lightweight fleece/wool gloves

### Hiking Clothing

\_\_\_ softshell OR hiking pants that are moderately wind/water proof

\_\_\_ sun shirt or appropriate synthetic/wool wicking top

\_\_\_ synthetic/wool, wicking undergarments

### Mid-Layer Insulation

\_\_\_ fleece or insulated jacket/pullover/vest/jacket

### Outer Layer

\_\_\_ waterproof and windproof rain jacket with attached hood OR hard shell jacket (weight of jacket dependent on season)

\_\_\_ waterproof and windproof rain pants, optional (weight of pants dependent on season)

## Gear

### Water

\_\_\_ 1-2 liter capacity (sturdy disposable bottles like Smartwater, or Nalgene, or hydration bladders)

\_\_\_ water filter or chemical treatment (Sawyer squeeze or Aquamira)

### Backpack

\_\_\_ 20-40 liter backpack with hipbelt

### 10 Essentials

\_\_\_ headlamp with fresh batteries

\_\_\_ pocketknife

\_\_\_ sunglasses and sunscreen

\_\_\_ emergency blanket

\_\_\_ 1500 calories of extra snacks

**Electronics** (batteries will drain quicker in cold temps)

\_\_\_ phone (for taking photos)

\_\_\_ external battery and charging cables

### Hygiene

\_\_\_ trowel, toilet paper, wipes, hand sanitizer

\_\_\_ WAG bag, if required