**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 Nalgenes, 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