

# HIKING CHECKLIST

## NAVIGATION

Map	GPS
Compass	Extra Batteries

## NUTRITION

Water	Snacks
Water Filter	Meals

## FIRST AID & HYGIENE

First Aid Kit	Toilet Paper
Insect Repellent	Hand Sanitizer
Toiletries	Sunscreen

## HIKING GEAR

Backpack	Sleeping Bag & Pad
Trekking Poles	Stove
Tent	Headlamp

## HIKING CLOTHES

Hiking Boots/Shoes	SPF Long Sleeve Shirt
Sunglasses & Sun Hat	Lightweight Jacket
Hiking Pants/Shorts	Rainy/Cold Weather Layers

## EMERGENCY TOOLS

Satellite Phone	Jump Starter
Fire Starter	Whistle
Knife/Multi-tool	2 Itinerary (1 with a friend & 1 in car)

## POINTS TO CONSIDER WHEN PACKING

1. Pack Weight
2. Trip Duration
3. Season/Weather