

Equipment Checklist - Long Hikes

(remember to check the weather before you start)

Long Day Hikes-We would define a long day hike as a hike longer than 3 miles and shorter than 5 miles. A mid-sized backpack (20-25 liters) is the ideal size for carrying these things.

- ☐ HIKING STICKS! (Even one can make a difference!)
- ☐ Weather related clothing (rain jacket, windbreaker, puffy jacket, long sleeve overshirt, gloves, etc.)
- ☐ Sunscreen, lip balm, and a hat
- ☐ Cell phone + portable charger and cables
- ☐ Map (trail map usually available at park entrance AND map you downloaded before arriving)
- ☐ Navigation tools (paper map, compass, GPS)
- ☐ Camera (if not using your phone)
- ☐ Foldable/compact shopping bag or large ziploc bag (pack your trash out!)
- ☐ Water (preferably in reusable container and more than you think you'll need)
- ☐ Water purification tools (a water filter or purification tablets)
- ☐ First aid kit
- ☐ Lighting (flashlight, headlight, etc.)
- ☐ Fire starting materials (matches and/or a lighter and quick tinder)
- ☐ Small knife or multi-tool (preferably something that contains a blade) and duct tape (repairs)
- ☐ Cordage (like paracord)
- ☐ Snacks (protein and carbs are great ideas for snacks!)
- ☐ Emergency shelter (packable bivvy or "space" blanket)
- ☐ A LOUD whistle for emergencies (I mean LOUD) and a small mirror for signaling
- ☐ _____
- ☐ _____

****This list is a variation of what hikers call The 10 Essentials. These are things you should always carry while hiking in preparation for the worst case scenario. In addition to these items, always make sure you let someone know *where you're going to park, where you're going to hike, and when you think you'll be returning*. Leave a note on your windshield if you plan on doing a long hike with the time you left and how long you think you'll be on the trail. Some parks require you to check in with their main office before you begin your hike. Check before you go.**

Please see the downloadable PDF Checklist for Short Hikes (1+ Miles)