Backpacker’s Ultimate Dayhiking Checklist

**Backpack**
- Typically a 10-35 liter daypack

**Apparel**
- Hiking boots, hiking shoes, trail running shoes, or hiking sandals
- Socks
- Underwear
- Shorts, pants, or other bottoms such as a skirt or kilt
- T-shirt or long-sleeve shirt (for insects and sun protection)
- Insulating midlayer, such as a fleece
- Packable down or synthetic jacket
- Hardshell jacket or rain poncho
- Sun hat
- Sunglasses

**Food**
- Lunch
- Snacks
- An extra day’s supply of food

**Water Storage and Filtration**
- Water bottle and/or water reservoir
- Compact filter or purification system

**Navigation**
- Map, compass, and the knowledge to use both
- GPS device (optional)
- Navigation app, like Gaia GPS (optional)

**Electronics**
- Headlamp with extra set of lithium batteries (or rechargeable headlamp)
- Satellite messenger or personal locator beacon (optional)

**Personal Hygiene**
- Toilet paper
- Hand sanitizer
- Sunscreen and SPF lip balm
- Bug repellent
- WAG bag (if required)
- Menstrual products and pack-out bags (if not using a menstrual cup)
- Female urination device (optional)
– Pee rag (optional)
– Trowel (optional)

**Emergency**
– First aid kit
– Moleskin
– Knife or multitool
– Duct tape
– Waterproof matches/ firestarter
– Emergency shelter or space blanket
– Bear spray (in grizzly country)