

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)