

The Day Hiker's Checklist

What To Carry



Hello!

I'm excited you've downloaded this checklist from my article [The Beginner Hikers Guide To Day Hiking And Walking Gear](#), because it means you must be planning an adventure!

This simple checklist is here to make sure you don't forget anything you need for a great day out. So, get packing and,

Happy Hiking!
Stephie

Clothing

- Waterproof jacket
- Waterproof trousers
- Gaiters
- An extra layer - fleece, padded jacket, soft shell, etc
- Hat/cap
- Gloves
- Buff

Safety

- Route Map and Compass
- First aid - don't forget sunscreen, insect repellent, tick remover, personal medication
- Whistle
- Personal alarm

Emergency And Spares

- Head torch (make sure you have a fully charged battery)
- Hi viz vest or rucksack cover
- Emergency numbers - take the numbers of services/people you want to contact in an emergency

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Emergency And Spares Continued

- Make sure friends or family know your route and when you expect to be back - and ensure they have your contact number
- Spare shoe-laces (useful for all sorts of temporary emergency repairs)

Accessories

- Sunglasses
- Rain cover for rucksack
- Dry bags, especially for electronics
- Guide Book/ID guides
- Multi-tool (eg Swiss Army knife)
- Spare phone battery and cable
- Binoculars
- Walking poles

Finally, Don't Forget...

- Water, hot drink, sugary drink (for extra calories if you need them), etc
- Food - including lunch and plenty of snacks
- Your wallet, keys, reading glasses, etc - all those little things we'd be lost without!

Notes