

Hiking Trip Gear Checklist

Item	Have	Need	Packed
For daily wear (includes what you will be wearing on day 1):			
Hiking boots (above the ankle) designed for carrying heavy packs	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
4 pairs of synthetic or technical wool hiking socks	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
4 pairs of synthetic underwear	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
4 lightweight synthetic t-shirts	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
2 pairs of lightweight synthetic shorts (preferably not that requires a belt)	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
1 pair of synthetic long pants	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
lightweight synthetic sleeping shorts/pants and top	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
lightweight synthetic beanie cap	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
medium weight long sleeve synthetic fleece shirt or fleece sweatshirt	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
bandana (optional)	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
hat (optional)	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
rain gear (poncho or rain jacket)	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
Shelter:			
tent (optional, shared with another hiker)	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
hammock with tarp (optional)	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
tarp shelter (optional)	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
paracord (optional)	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
summer rated lightweight sleeping bag	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
sleeping pad	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
Additional personal gear:			
backpack (internal or external frame required)	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
light source (headlamp preferred) with fresh batteries	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
personal eating utensil	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
lightweight bowl	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
two quart sized water bottles (at minimum)	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
multitool or knife	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
rain cover for your backpack (can be heavy duty trash bag)	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
spare heavy duty trash bags and gallon sized ziplock bags	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
water filter (shared)	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
stove and fuel (shared)	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>

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Hygiene Items:			
small personal first aid if desired (bandaids, etc)	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
personal medications	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
small personal blister kit	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
ibuprofen and/or acetamenophin	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
bug spray	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
tick spotting hand mirror and tweezers	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
sunscreen	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
small travel sized deodorant	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
small travel sized toothbrush and travel sized toothpaste	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
hand soap/wipes	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
toilet paper in ziplock bag	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
Emergency:			
Foil emergency blanket	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
waterproof matches	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
backup phone battery/charger	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
whistle	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
Food:			
personal snacks	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
personal drink mix (powdered gatorade, coffee, etc)	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
sweets	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
Other optional personal items:			
book or other reading material	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
journal or sketchpad	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
map (leader will have one of the area)	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
hiking poles	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
deck of cards or other game	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
phone/ipod and earbuds for personal music	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
camera	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>