

# Day Hike Essentials List

By Rob Meush

## Main Essentials

- ☐ Small Daypack (15-25 liters)
- ☐ Map and compass (or GPS)
- ☐ Power bank with appropriate charge cables
- ☐ Multi-tool or knife
- ☐ Headlamp or flashlight with extra batteries (just in case)
- ☐ Water bottle(s)
- ☐ Trekking poles (optional based on terrain)
- ☐ Bear spray (if in bear country)

## Clothing

- ☐ Moisture-wicking base layer (top)
- ☐ Lightweight jacket (weather-dependent)
- ☐ Hiking pants or shorts (weather-dependent)
- ☐ Moisture-wicking socks
- ☐ Comfortable hiking shoes or boots
- ☐ Hat (for sun protection)
- ☐ Sunglasses

## Food and Hydration

- ☐ Water (enough for the duration of the hike, plus a little extra)
- ☐ Snacks (trail mix, nuts, dried fruit, energy bars)
- ☐ Electrolyte tablets or powder (optional)

## First Aid

- ☐ Adhesive bandages
- ☐ Blister treatment (moleskin, blister pads)
- ☐ Antiseptic wipes/ointment
- ☐ Pain relievers
- ☐ Any prescription medications

## Personal Items

- ☐ Sunscreen
- ☐ Lip balm with SPF
- ☐ Insect repellent
- ☐ Personal hygiene items (toilet paper or biodegradable wipes, hand sanitizer)
- ☐ Quick-dry towel (small, optional)
- ☐ Camera or smartphone

## Miscellaneous

- ☐ Whistle
- ☐ Emergency contact information
- ☐ Lightweight sit pad (optional)