

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)