

HIKING PACKING LIST – Partial List – Add extras in blanks

Note: This incomplete list is designed for simple day hikes only, and should only be used by individuals who are knowledgeable in the requirements of hiking. This is not meant to be a complete list, and extra spaces are provided at the bottom of each category so that you can write in extra items. We recommend that you print one list for each person, to ensure that each item is packed for each person.

Provided by ***packinglistplace.com***

Name: _____

TRAVEL NECESSITIES

Check	Item Description
	Wallets & Purses
	Credit/Debit Cards
	Medicines (Prescription & Over-The-Counter)
	Are your pets taken care of?
	Maps (Road Map and map of Hiking Area)
	Does someone at home know your "Hiking Plan" in case of emergency?

SUGGESTED CLOTHING

Check	Item Description
	Underwear (avoid cotton if possible)
	Socks (avoid cotton – a thin, synthetic 'liner' sock under wool socks works well)
	Wicking Long Underwear (Tops and Bottoms – if necessary)
	Pants/Tops should also be 'wicking' materials, such as Microfiber, GoreTex, etc.
	Hat with Large Brim (to avoid sunburn)
	Warm hat if necessary (fleece or wool)
	Lightweight Hiking Shoes/Boots, or Crosstrainer-Type Shoes (as necessary)
	Jacket (Fleece, Down, or both as necessary)

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SUGGESTED CLOTHING(continued)

	Rainwear (or at least Garbage Bag to be cut into Poncho if necessary)

TOILETRIES

Check

Item Description

	Toilet Paper (Stored in Rainproof Bag)
	Trowel (For Waste Disposal)
	Sunscreen
	Moist Towelettes
	Hand Sanitizer
	Insect Repellent
	Lip Balm

HIKING GEAR

Check

Item Description

	Backpack (Hydration Pack or Day Pack with Hydration Pouch work great)
	Water (In Hydration Pouch, bottles, canteen, etc...bring plenty for contingencies)
	Food (Sports Bars, Trail Mix, Dried Fruit, etc.. bring plenty for contingencies)
	Hiking Poles
	First Aid Kit
	GPS or Compass (preferably both)

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