



ATC 2021 Day Hiking Checklist

Preparation is more important than ever during the 2021 hiking season.

ESSENTIAL SKILLS

Learn these essential skills by visiting appalachiantrail.org/explore

- Backcountry bathroom skills
- Backcountry handwashing skills
- Preventing the spread of COVID-19 and other illnesses
- Avoiding crowded hiking destinations
- Reporting incidents and positive COVID-19 cases
- Following local regulations or closures

CLOTHING

- Multiple reusable masks/face coverings
- Comfortable clothes you can get dirty
- Insulating layer
- Rain jacket or poncho
- Active footwear
- Hiking boots/shoes

EQUIPMENT

- First aid kit – including disposable face masks and nitrile gloves
- Daypack
- Map/compass/trail guide
- Water bottles or bladder
- Water treatment system
- Lighter
- Head lamp
- Trowel and unscented hand sanitizer
- Toiletries – including hand washing kit

OPTIONAL

- Rain pants/skirt
- Sunscreen/sun hat
- Bug spray
- Hiking poles
- Gaiters
- Bandanas
- Buff/neck gaiter
- Pocket knife
- Binoculars
- Nature guidebooks
- Satellite communication device

FOOD

Consider COVID-19 transmission risks when planning meal spots

- Calorie-dense, lightweight food
- Trash bag



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