



# ATC 2024 Day Hiking Checklist

## ESSENTIAL SKILLS

Learn these essential skills by visiting [appalachiantrail.org/explore](https://www.appalachiantrail.org/explore)

- Backcountry bathroom skills
- Backcountry handwashing skills
- Preventing the spread of illnesses
- Avoiding crowded hiking destinations
- Following local regulations or closures

## CLOTHING

- Comfortable clothes you can get dirty
- Insulating layer
- Rain jacket or poncho
- Active footwear
- Hiking boots/shoes

## EQUIPMENT

- First aid kit
- 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

- Calorie-dense, lightweight food
- Trash bag



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