

# ATC Day Hike Checklist



## ESSENTIAL SKILLS

Learn more at [appalachiantrail.org/experience](https://appalachiantrail.org/experience)

- The 7 Leave No Trace principles
- Backcountry bathroom skills
- Backcountry navigation & how to follow the A.T.
- Avoiding crowded hiking destinations
- Following local regulations and/or closures
- Weather & personal safety
- What to do in an emergency

## CLOTHING

- Comfortable wool or synthetic clothes you can get dirty
- Insulating layer (e.g. fleece, puffy jacket)
- Rain jacket or poncho
- Wool or synthetic hiking socks
- Hiking boots or shoes

## EQUIPMENT

- First aid kit
- Daypack
- Map, compass, trail guide
- Water bottles
- Water treatment system
- Lighter/waterproof matches
- Head lamp
- Trowel, toilet paper, handsoap
- Emergency kit

## OPTIONAL

- Rain pants/skirt
- Sunscreen and a hat
- Bug spray
- Hiking poles
- Gaiters
- Bandana, buff, or neck gaiter
- Pocket knife
- Binoculars
- Nature guidebooks
- Satellite communication device

## FOOD

- Calorie-dense, lightweight snacks
- Lunch (if you'll be out long)
- A liter of water for about every 5 miles you plan to hike
- A trash bag

Some suggested snacks:

- Granola or protein bars
- Nuts and dried fruit
- Jerky