

# The 10 Essentials for a Day Hike



## Plan Ahead and Prepare

In packing for the unexpected it can be easy to bring too much, but being prepared for the unforeseen is part of the responsibility of heading into the outdoors.

### Navigation

Planning ahead so that you know the terrain you expect to cover and how the trail is marked is an important first step for hiking. You will want to bring a map or guidebook and compass and know how to use them so you can navigate in the field. If you bring a GPS, know how to use it and bring extra batteries. Bringing a guidebook can also help orient you along the way by describing landmarks, etc.

### Insulation

Year-round, carry a long-sleeved shirt, wool/fleece-lined hat, a rain jacket or poncho. These ensure you can regulate your temperature when the rain sets in or the wind picks up. Layers like a fleece sweater or jacket, long pants, and gloves are essentials to your kit when you're hiking anytime beyond the height of summer.

### Nutrition

Pack enough snacks to fuel your body for the exertion of your hike. Pack one extra snack for use in the event of an emergency that keeps you on Trail longer than expected. Make sure to carry a plastic bag to pack-out anything you don't consume, like apple cores, excess food, or food packaging

### Small Emergency Kit

Things you should consider carrying in your emergency kit include: lighter, duct-tape, cordage, knife, whistle, needle and thread.

### Illumination

Carry a headlamp and extra batteries in case you stay out longer than intended

### Hydration

Whether you use water bottles or a tube hydration system, have the capacity to carry at least 2 quarts. A water purification system like iodine, bleach, Aqua Mira, mechanical filters, or UV light are recommended since they neutralize or viruses, bacteria, and other naturally occurring entities that could be harmful to hikers.

### Bathroom Stuff Sack

In your stuff sack pack: toilet paper (TP), trowel, hand sanitizer, and a resealable plastic bag. If you pee and use TP, pack it out in the resealable plastic bag. If you poop, dig a hole 6" - 8" with your trowel 200 ft from the Trail or from water, after going to the bathroom in the hole, put the dirt you took out of the hole back on top using a stick. Step on it to make sure it's properly buried so wildlife won't discover it.

### Items for the Elements

Sunglasses, sunscreen, insect repellent, and sun hat are all essentials for a safe and enjoyable trip. Insect repellent will save your sanity on Trail. Protection from the sun will preserve the youthfulness you gain by time spent outdoors. Be particularly aware that pre-treating clothes and gear with permethrin is another wise defense against ticks.

### Personal First Aid Kit

Things you might carry include: band-aids, moleskin, gauze, Ace bandage, sports tape, anti-diarrheal, anti-histamine, anti-inflammatory, antibiotic cream, tweezers, your prescriptions, etc.

### Appropriate Footwear

Shoes that are broken in and comfortable can prevent hot spots, blisters, and greater foot injuries.



## Tell Friends or Family

Leave your hiking plans with someone at home and check-in regularly. Let them know when you expect to return, and keep them posted when you do.