



The 10 Essentials

Navigation

Head Lamp

Sun Protection

First aid

Fire

Knife

Shelter

Extra Food

Extra Water

Extra Clothes

You should bring a version of these 10 essentials on every hike. Exact items vary depending on the length and difficulty of the particular hike.



Day Gear

- ☐ Day Pack (up to 20 liters)
- ☐ Trekking Poles

Sun Protection

- ☐ Hat
- ☐ Sunglasses
- ☐ Sunscreen
- ☐ Neck buff
- ☐ SPF Lip Balm
- ☐ Long sleeve top

Food & Water

- ☐ Easy to eat snacks
- ☐ Protein Bars
- ☐ Trail Mix
- ☐ Sandwich (for longer hikes)
- ☐ Water (1 Liter per person per hour of hiking)

Clothing & Footwear

- ☐ Synthetic base layers
- ☐ Moisture wicking top
- ☐ Comfortable bottoms
- ☐ Bathing Suit
- ☐ Summer Wool Socks
- ☐ Rain Jacket
- ☐ Additional Warmth Layer
- ☐ Extra socks



Safety

- ☐ First Aid Kit
- ☐ Navigation Tool
- ☐ Offline Maps
- ☐ Headlamp
- ☐ Emergency Shelter
- ☐ Fire / Lighter
- ☐ Multi-use tool
- ☐ Phone
- ☐ Extra Battery Charger

Personal Care

- ☐ Hand Sanitizer
- ☐ Biodegradable Wipes
- ☐ Insect Repellent
- ☐ Reusable Pee Cloth
- ☐ Female Hygiene Products
- ☐ Dry Hand Towel

Extras

- ☐ Camera + extra batteries
- ☐ Binoculars
- ☐ Headphones + Trail Music