



# Ultimate Multi-Day Hiking Checklist

## The Essentials

- Storage pack of some kind (backpack, fanny pack, and so on)
- Pack Cover
- Base Clothing Layer
- Comfortable Mid/Heavyweight Coat
- Rain/Wind Gear (rain coat, rain pants)
- Appropriate Footwear (hiking shoes, terrain sandals)
- Water storage of some kind (water bottle, canteen, hydration pack)
- Map of your hike
- Charged cell phone for emergencies
- Pocket knife/multi-tool
- Easily packed snacks (granola bars, protein bars, and so on)
- Food
- Flashlight and batteries
- Whistle for emergencies
- Watch
- First aid kit
- Basic medication
- Emergency blanket
- Toilet paper
- Ziploc bag for used toilet paper
- Identification
- Any necessary park/hike passes
- Sunscreen and sun protection
- Insect repellent
- Sunglasses
- Water filtration of some kind
- Tent and tent repair kit
- Camping stove and fuel
- Kitchen pot
- Travel utensils
- Small sewing kit
- Sleeping bag



- Sleeping pad
- Extra socks and underwear
- Extra change of clothes
- Warm hat and gloves
- Hair elastic/headband
- Toothbrush and toothpaste

## Optional Items

- Camping chair
- Hammock
- Hiking stick
- Multiple pairs of clothing
- Personal electronics
- Cameras
- GPS
- Tracking device for emergencies
- Bear repellent
- Quick dry towel
- Lotion
- Wet wipes
- Hand warmers
- Binoculars

