

Day-Hiking Gear Checklist

ON YOUR BODY

- Synthetic short-sleeve t-shirt
- Lightweight synthetic shorts or trekking pants
- Synthetic briefs or boxers, and bra
- Wool/blend hiking socks (liner socks optional)
- Sunglasses & Sun hat
- Gaiters (optional)
- Hiking shoes/boots (waterproof recommended, esp. in the Pacific Northwest)
- Bear spray (in grizzly country)
- Insect repellent

IN YOUR PACK

- Midweight synthetic or fleece long-sleeve top
- Waterproof/breathable jacket or windproof shell
- Waterproof/breathable pant shell
- Extra pair of socks (optional)
- Wool or fleece hat
- Lightweight gloves
- Sunscreen (SPF 30+)
- Map & Compass or GPS
- Headlamp, extra batteries
- Permits (as needed)
- Trekking poles (optional)
- Extra food
- Water bottles* (two 32oz. bottles) and water treatment (drops, tablets, or filter)
*stainless steel is preferable to plastic in my opinion, but it IS heavier, an empty Gatorade bottle would do the job just as well. Camelbacks are popular but they're expensive, and relatively hard to clean.
- First-aid kit (with personal meds)
- Firestarting kit
- Toiletries (tp) and trowel (U-Dig-It makes a nice one)
- Personal locator beacon (optional)
- Umbrella (optional: works to keep sun off and serves as emergency shelter)
- Camera, film, extra batteries (optional)
- Binoculars (optional)
- Bandana (optional)
- Spray bottle (desert travel cooling device)
- Car keys!

COLD WEATHER ADDITIONS

- Down or synthetic insulated jacket
- Emergency shelter (bivy sack, tent, tarp)
- Fleece pants (so cozy!)
- Insulated gloves or mittens



View of the Columbia from Angel's Rest
Day Hike: Columbia River Gorge, OR

A NOTE ON SYNTHETIC FIBERS:

Synthetic material such as microfiber, polyester and polypropylene wick moisture away from your skin, keeping you warm and dry. This is especially important for your feet to avoid blisters! Cotton dries slowly, which might be okay for hiking in Arizona in July, but not Oregon in November. Layer your clothing according to your activities, location, and worst case environmental conditions.