

Day Hiking Essentials

Safety

- Bear spray
- Whistle
- Head lamp
- Mini flashlight
- Duct tape
- Multi-tool
- Pocket knife
- Lighter
- Waterproof matches
- Emergency bivvy
- Printed map
- Compass

Health and Hygiene

- First aid kit
- Sunscreen
- Insect repellent
- Toilet paper plus bag for disposal
- Hand sanitizer
- Lip balm with SPF
- Package of tissues
- Day's worth of prescription meds
- Baby wipes

Documents

- Photocopy of ID
- Pen and paper
- Emergency contacts

Technology

- Phone charging cord
- Power bank
- Solar charger
- Satellite phone

In Your First Aid Kit

- Eye drops
- Gauze pads
- Bandages
- Alcohol prep pads
- Sting relief
- Antiseptic pads
- Blister care

Food and Water

- Hydration system or water bottles
- Water purification tablets or filter
- Nuts and bars
- Bottle opener
- Stainless steel cup/mini-pot

Clothing and Accessories

- Sunglasses
- Rain suit
- Spare wool hiking socks
- Neck buff
- Gloves and hat