

HOBBIES/SPORTS

HIKING, DAY

- Binoculars
- Camera (new batteries or newly charged)
- Cash
- Cell phone (fully charged)
- Clothing, wear in layers depending on the climate/temperature
- Compass
- Daypack
- First Aid Kit ([see Medical/First Aid, First Aid Kit Portable Checklist](#))
- Flashlight (new batteries)
- Food (snacks, high energy)
- Hat
- Hiking plan (inform another person of your plan or route)
- Insect repellent
- Lip balm
- Maps (trail and guidebook)
- Matches, waterproof
- Paper and pencil
- Personal ID
- Pocketknife
- Rain poncho
- Shoes or boots, comfortable and sturdy
- Socks, extra pair
- Sunglasses
- Sunscreen
- Trash bag (for trash or can be used to cover items during rain)
- Watch or timepiece (new batteries)
- Water
- Wet wipes

Also consider:

- GPS
- Walking stick