

Portland Hiking Meetup Group

Day Hike Gear Checklist

This checklist contains all the recommended gear for a day hike. Please note that, some of these items might not be necessary as the hike leader should have them; still, its good practice to carry the appropriate gear not only to make your hike enjoyable but safe as well. When choosing what to take and what to leave, use your best judgment. If in doubt, carry the extra gear.

The Ten Essentials (safety, survival and comfort)

- Navigation (map, compass)
- Sun Protection (sunscreen, lip balm, sunglasses, hat)
- Insulation (jacket, vest, rain jacket, rain pants, gloves)
- Illumination (headlamp or flash light)
- First-aid (first-aid kit, medication)
- Fire (matches, fire starter)
- Repair kit and tools (knife or multi-tool, duct tape)
- Nutrition (extra day supply of food, spare energy bars, gels or trail mix)
- Hydration (water bottle and/or hydration system, water treatment system)
- Emergency shelter (emergency blanket, tent, tarp or bivy sack)

Warm Weather Clothing

- Wicking t-shirt
- Wicking underwear
- Quick drying pants / shorts or convertibles
- Long sleeve shirt (sun and/or bug protection)
- Insulating jacket
- Bandana
- Hat

Cold Weather Clothing

- Wicking long sleeve t-shirt
- Wicking long underwear
- Hat, cap or headband
- Gloves or mittens
- Waterproof / breathable rain jacket
- Waterproof / breathable rain pants
- Insulating jacket / vest / pants (part of ten essentials)

Footwear

- Boots or shoes appropriate for terrain
- Wool or synthetic socks
- Gaiters

Extras (not needed for every person)

- Daypack
- Trekking poles
- Insect repellent
- Toilet paper
- Cell phone
- Multifunction watch / altimeter
- Camera / binoculars
- Route description or guides
- Energy food
- Powdered drinks