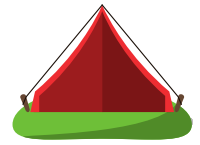




THE ULTIMATE HIKING CHECKLIST



For additional information, go to:



Pack & Storage:



- Pack
- Rain Cover or Waterproof Pack Liner
- Ziplocs
- Dry Sacs
- Garbage Bag
- _____

Food:

- Food
 - Dinner
 - Breakfast
 - Lunch
 - Calorie Dense Snacks
 - Coffee/Tea/Hot Drinks
 - Emergency Food
 - Salt
 - _____
 - _____
 - _____

- Stove
- Fuel
- Lighter/Matches
- Extra Ziploc Bags
- Pot
- Bowl/Cup
- Spork
- Rope



Sleep System:

- Sleeping Bag/Quilt
- Sleeping Pad
- Shelter (Tent, Hammock, or Tarp Shelter)
- Backpacking Pillow
- _____

Hydration:

- Water Bottles or Hydration Bladder
 - Spare Bottle
- Water Treatment
- _____

Staying Healthy:

- Camp Soap
- Hand Sanitizer
- Sunscreen
- Bug Spray
- Trowel
- Toothbrush, Toothpaste, Dental Floss
- Toilet Paper and Bags
- Cloth or Buff
- Feminine Hygiene Products
- Leave No Trace Principles
- _____
- _____
- _____



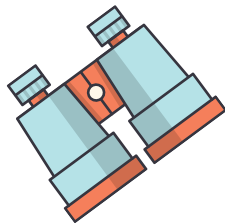


THE ULTIMATE HIKING CHECKLIST



Clothing:

- Warmth
 - Fleece or Puffy Jacket
 - Rainjacket
 - Pain Pants
- Hiking Outfit
 - Pants/Shorts
 - Short Sleeved Shirt
 - Light Long Sleeved Shirt
 - 2 Pairs of Socks
 - Athletic Underwear
 - _____
- Camp/Sleeping Outfit
 - Sleeping Socks
 - Thermal Top
 - Thermal Underwear
 - _____
- Hiking Boots/Shoes
- Sandals/Camp Shoes
- Buff or Bandana
- Warm Hat
- Sun Hat
- Sunglasses
- Bug Hat/Jacket
- Light Gloves
- _____



Safety & Survival:

- Knife
- Headlamp
- Fire Kit
 - Extra Ignition,
 - Tinder
- First Aid Kit
- Repair Kit
 - Duct Tape
 - Chord
 - Needle and Thread
 - Dental Floss
- Emergency Mylar Blanket
- Good Ol' Fashion Paper Map
- Compass
- Phone with Mapping App or GPS
- Communication
 - Phone or Satellite Device
- Headlamp
- Extra Light Source
 - Candle, Mini LED Light)
- Batteries or Power Bank
- Pencil and Paper
- _____



Extra & Luxury Items:

- Hiking Poles
- Folding Saw
- Book
- Camera
- Journal
- Cards
- Tarp
- Foam Sitting Pad
- _____
- _____
- _____



For additional information, go to:

