

# Switchback Travel Day Hiking Checklist



## Day Hiking Footwear & Clothing

- Hiking shoes, hiking boots, or trail runners
- Hiking socks
- Hiking pants or shorts
- Hiking shirt or baselayer
- Rain jacket and/or windbreaker
- Sun protection shirt
- Down or synthetic jacket

### Optional:

- Gloves or mittens
- Warm hat or beanie
- Gaiters
- Neck gaiter



## Day Hiking Equipment

- Daypack or hydration pack
- Water bottle or hydration bladder
- Trekking poles
- Headlamp
- Water filter or chemical treatment
- Satellite messenger

### Optional:

- Waterproof stuff sacks or pack liner
- Ultralight chair or sit pad
- GPS device
- Winter traction devices



## Personal Items & Extras

- Food
- First aid kit
- Sunglasses
- Sunscreen
- Ball cap or sun hat
- SPF-rated lip balm
- Insect repellent
- Bathroom kit
- Hand sanitizer
- Basic repair kit
- Multitool or Swiss Army knife
- Bear spray
- Navigation
- Resealable bag for trash
- Notebook and pen/pencil
- Camera
- Emergency blanket or bivy
- Whistle
- ID, cards, and cash
- Forest Service/park pass (if required)