

# Day Hike Checklist

You can create a customized version of this [Day Hike Checklist](#) by visiting our website at EverstrykeMatch.com... it's Absolutely Free!

## Footwear and Clothing

- |  |   |
|--|---|
| <input type="checkbox"/> Boots or shoes  | <input type="checkbox"/> Thick hiking socks         |
| <input type="checkbox"/> Liner socks     | <input type="checkbox"/> Long pants                 |
| <input type="checkbox"/> Shorts          | <input type="checkbox"/> Baselayer shirts           |
| <input type="checkbox"/> Pullover shirts | <input type="checkbox"/> Button-up shirts           |
| <input type="checkbox"/> Sweater         | <input type="checkbox"/> Lightweight thermal jacket |
| <input type="checkbox"/> Windbreaker     | <input type="checkbox"/> Rain jacket                |

## Hiking Equipment

- |                                     |   |
|-------------------------------------|---|
| <input type="checkbox"/> Backpack   | <input type="checkbox"/> Trekking poles |
| <input type="checkbox"/> Flashlight | <input type="checkbox"/> Multitool      |

## *Navigation*

- |  |   |
|--|---|
| <input type="checkbox"/> Paper area maps | <input type="checkbox"/> Maps downloaded to phone |
| <input type="checkbox"/> GPS device      |   |

## *Personal options*

- |  |  |
|--|--|
| <input type="checkbox"/> Hat                             | <input type="checkbox"/> Sunglasses                |
| <input type="checkbox"/> Sunscreen                       | <input type="checkbox"/> Lip balm                  |
| <input type="checkbox"/> Insect repellent                | <input type="checkbox"/> Head net / insect barrier |
| <input type="checkbox"/> Toilet paper and plastic trowel | <input type="checkbox"/> Portable power bank       |
| <input type="checkbox"/> Small camera                    |  |

## First Aid / Emergency

- |  |                                       |
|--|---------------------------------------|
| <input type="checkbox"/> Water purification tabs | <input type="checkbox"/> Water filter |
| <input type="checkbox"/> Satellite comm device   | <input type="checkbox"/> Fire starter |
| <input type="checkbox"/> Mylar emergency blanket | <input type="checkbox"/> Blister tape |
| <input type="checkbox"/> Medical tape            | <input type="checkbox"/> Gauze        |
| <input type="checkbox"/> Antibiotic ointment     | <input type="checkbox"/> Tweezers     |
| <input type="checkbox"/> Benadryl                | <input type="checkbox"/> Ibuprofen    |

## Food & Water

- |   |                                       |
|---|---------------------------------------|
| <input type="checkbox"/> 2 liters water | <input type="checkbox"/> Granola bars |
| <input type="checkbox"/> Trail mix      | <input type="checkbox"/> Beef jerky   |
| <input type="checkbox"/> Nuts           | <input type="checkbox"/> Cheese       |
| <input type="checkbox"/> Dried fruit    |                                       |