



Discover Idaho One Trail At A Time



## DAY HIKING GEAR CHECKLIST

Having the proper equipment and clothing will ensure you have an enjoyable and safe adventure in the backcountry. Below is a list of items hikers should have in their daypack. The list is a recommendation only and should be adjusted based on weather conditions, outdoor objectives and personal preferences. Regarding clothing, think about dressing in layers. Your first layer should be shorts or lightweight pants and a synthetic t-shirt. If the weather cools, you will use the extra clothing in your pack.

### IN YOUR DAYPACK

Clothing On Your Body		Clothing In Your Pack	
<input type="checkbox"/> Synthetic Shirt <input type="checkbox"/> Synthetic Shorts or Hiking Pants <input type="checkbox"/> Wool Hiking Socks <input type="checkbox"/> Wide Brimmed Sun Hat <input type="checkbox"/> Hiking Boots		<input type="checkbox"/> Windproof Shell <input type="checkbox"/> Rain Gear <input type="checkbox"/> Extra Pair of Socks	
Navigation	Essentials	Food	Miscellaneous (Optional Items)
<input type="checkbox"/> Compass or GPS <input type="checkbox"/> Maps <input type="checkbox"/> Headlamp/Flashlight	<input type="checkbox"/> Daypack <input type="checkbox"/> First-Aid Kit <input type="checkbox"/> Sunglasses <input type="checkbox"/> Sun Block/Lip Balm <input type="checkbox"/> Knife <input type="checkbox"/> Watch <input type="checkbox"/> Toilet Paper/Trowel <input type="checkbox"/> Waterproof Matches/Lighter <input type="checkbox"/> Water Treatment (purifier or tablets) <input type="checkbox"/> Water Bottles with water	<input type="checkbox"/> Food (bring extra food for at least one emergency meal)	<input type="checkbox"/> Camera <input type="checkbox"/> Binoculars <input type="checkbox"/> Hiking Poles <input type="checkbox"/> Bandana <input type="checkbox"/> Gaiters <input type="checkbox"/> Insect Repellent
Suggestions for food which travels easily:			
<input type="checkbox"/> Peanut Butter <input type="checkbox"/> Tortillas	<input type="checkbox"/> Hard Cheese <input type="checkbox"/> Jerky	<input type="checkbox"/> Energy Bars <input type="checkbox"/> Trail Mix (nuts, seeds, dried fruits)	<input type="checkbox"/> Apples <input type="checkbox"/> Electrolyte Powder or Tablets