

L.L.Bean®

DAY-HIKING CHECKLIST

- Weather:** Check the forecast so you know what conditions to expect and you can pack accordingly.
- Navigation:** Bring a detailed topographic map of the area and a compass/GPS. Practice using your compass and GPS before the trip so you are comfortable with them. A GPS is a great tool, but always bring a compass as a backup.
- A **day pack** sized to fit you comfortably.
- Appropriate **hiking footwear** for the terrain.
- Warm, dry apparel and socks.** This includes both insulating and waterproof layers. Wool and synthetic materials are best; cotton will not keep you warm when wet and dries slowly.
- Shelter:** This is generally not necessary for short hikes. For long hikes or in remote locations, consider bringing a small tarp or bivy sack so you can spend the night safely and comfortably if necessary.
- Headlamp or flashlight** with extra batteries.
- Water and a way to purify it,** such as a filter or chemical treatment. If you're carrying water, plan on roughly three quarts per person per day, depending on the temperature, your fitness level and the length of your hikes.
- Matches/lighter** in a waterproof container and a fire starter kit for starting a fire in an emergency.
- Food,** preferably dry and lightweight.
- First-aid kit.**
- Sun protection:** Sunglasses, sunscreen, lip balm and a hat.
- Multitool** with knife.
- Cell phone.**
- Trip itinerary:** Leave a copy with family or friends so they know where you're going and when to expect you back.