

# L.L.Bean®

## MULTIDAY HIKE 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 **multiday backpack** sized to fit you comfortably.
- Appropriate **hiking footwear** for the terrain and the weight of your load.
- A **sleeping bag** with the appropriate temperature rating.
- A lightweight backpacking **sleeping pad**.
- Shelter:** Tent, tarp or bivy sack. Even if you plan on staying in lean-tos, it's wise to carry emergency shelter. Add a ground cloth to protect the bottom of your tent.
- 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.
- 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.
- Headlamp or flashlight** with extra batteries.
- Food:** Dry goods are lighter in weight. Pack extra in case you're out longer than planned.
- First-aid kit.**
- Cell phone.**
- Matches/lighter** in a waterproof container and a fire starter kit for starting a fire in an emergency.
- Stove and fuel.**
- Sun protection:** Sunglasses, sunscreen, lip balm and a hat.
- Multitool** with knife.
- Repair kit** with duct tape and/or tent repair tape.
- Trip itinerary:** Leave a copy with family or friends so they know where you're going and when to expect you back.