



PACKING LIST

Summer Hiking-Day Trip



When choosing what to bring on a day hike as well as what to wear, it's important to first check the weather forecast, the hiking conditions and landscape, and to think about how far you are planning to hike. In general, the longer and/or more remote the hike is and the more inclement the weather, the more clothing, gear, food and water you're going to want.

If you've never hiked before or you're just getting into day hiking, be sure to read some Hiking for Beginners article before you head out. These should give you tips and recommendations for hike planning and gear recommendations. Also, if it's not a "hard-core" hike, don't go overboard. We've hiked in running shoes before with a simple backpack and a water bottle. It all depends where you're going.

Essentials

- Hiking Backpack
- Plenty of food
- Plenty of water
- Sunglasses
- Mosquito Repellent
- Sunscreen & SPF-rated lip balm
- Sun hat
- Small first-aid kit
- Phone
- Camera and tripod
- Maps

Additional

- Lightweight warm jacket or vest
- Rainwear (jacket and pants)
- Back-pack rain cover

Optionals

- Trekking poles
- Packable lantern
- Bear Spray*
- Knife or multi-tool

Outfit Recommendations:

- Dress in layers: Weather can change along the hike and throughout out the day.
- Wear Moisture-wicking clothing: It will keep you dry and more comfortable.
- Stretchy Bottoms: Depending on the difficulty of the hike, you want to move your legs without any restriction.
- Comfortable shoes or hiking boots: You always want to have a good pair of shoes. Something with a good sole and grip is always a good idea.

* Depending on where you are, bear spray might actually be essential. Not everyone takes it, but for example, in Banff National Park, bear spray could save your life if you come across a bear.