

# DAY HIKE PACKING LIST (SUMMER)

While you're packing, use this handy checklist to make sure you don't forget anything important. It includes more items than you're likely to need and you can adapt it to your needs. Items may also need to be added. There is space for your own notes for that purpose.

MUST HAVE ITEMS	NOTES
All-terrain runners, walking shoes or boots suited to terrain and weather	
Weather-appropriate clothing, multiple layers	
Underwear	
Socks	
Day pack (20-30 liters) and rain cover	
Navigation: Map and compass or Trail description	
Seat pad	
Nutrition: Lunch and trail snacks	
Fire: Matches or lighter in a waterproof bag	
Hydration: Water bottle or bladder, plenty of water	
Cellphone with fully charged battery	
Toilet paper	
Small bag for rubbish	
First Aid Kit: assorted plasters, blister plasters, hygienic cleansing wipes, wound care dressing, elastic bandage	
<b>GOOD TO HAVE ITEMS</b>	
<b>Cooking</b>	
Stove, fuel, pots and kitchen supplies	
Mug	
Plate	
Spoon or spork	
<b>Depending on the Season and Weather</b>	
Warm, insulated jacket for breaks	
Spare mid-layer and base-layer clothing, multiple layers, such as a jumper	
Gloves, warm hat, scarf	
Windproof jackets and pants	
Waterproof jacket and pants, extra socks	
Head torch	
Sunscreen	
Sun hat or sun cap	
Bathing suit and towel	
Long trousers in a tick-infested area	
Insect repellent	
Net hat	
Knife or multi-tool	
<b>Depending on Activities</b>	
Camera in a waterproof case, extra battery	
Binoculars	
Nature Viewing Guidebooks	
<b>TO BE ADDED</b>	

# DAY HIKE PACKING LIST (WINTER)

While you're packing, use this handy checklist to make sure you don't forget anything important. It includes more items than you're likely to need and you can adapt it to your needs. Items may also need to be added. There is space for your own notes for that purpose.

MUST HAVE ITEMS	NOTES
Insulated walking shoes or boots suited to terrain and weather	
Weather-appropriate clothing, multiple layers	
Warm, moisture-wicking long underwear	
Warm socks	
Day pack (20-30 liters) and rain cover	
Mid-layer clothing, multiple layers	
Head and face protection: hat, balaclava	
Scarf	
Warm gloves or mittens with insulated liners	
Head torch	
Navigation: Map and compass or Trail description	
Seat pad	
Nutrition: Lunch and trail snacks	
Fire: Matches or lighter in a waterproof bag	
Hydration: Thermos, warm drink	
Cellphone with fully charged battery, keep warm	
Toilet paper	
Small bag for rubbish	
First Aid Kit: assorted plasters, blister plasters, hygienic cleansing wipes, wound care dressing, elastic bandage	
GOOD TO HAVE ITEMS	
Cooking	
Stove, fuel, pots and kitchen supplies	
Mug	
Plate	
Spoon or spork	
Depending on the Season and Weather	
Warm, insulated jacket for breaks	
Spare mid-layer and base-layer clothing, multiple layers	
Spare socks	
Sunscreen	
Sun glasses or snow goggles	
Knife or multi-tool	
Depending on Activities	
Camera in a waterproof case, extra battery	
Binoculars	
Snow shoes, sliding snow shoes and poles	
Ice picks and other ice safety items	
Skis, skiing poles, ski shoes	
Nature Viewing Guidebooks	
TO BE ADDED	