

CHECKLIST FOR A WEEKEND HIKING TRIP OUTDOORS

Clothing:

- **Base layers (moisture-wicking):** Top and bottom (to keep you dry and warm)
- **Insulating layers:** Fleece or down jacket (depending on the season)
- **Outer layers:** Waterproof and windproof jacket/pants
- **Hiking pants/shorts** (weather-dependent)
- **T-shirts** (quick-drying)
- **Underwear & socks:** Merino wool or synthetic for moisture-wicking
- **Hat:** For sun or warmth, depending on weather
- **Gloves:** If hiking in cooler weather
- **Buff or bandana:** Multi-purpose for sun protection or warmth
- **Extra socks** (at least one pair)

Footwear:

- **Hiking boots or shoes:** Comfortable, broken-in, waterproof if needed
- **Camp shoes or sandals** (for after hiking)
- **Gaiters:** If hiking through wet/muddy conditions

Backpack & Hydration:

- **Hiking backpack:** Comfortable and appropriately sized (30-50L for weekend trips)
- **Water bottles or hydration reservoir:** At least 2-3L of water capacity
- **Water filter/purification tablets** (if you'll need to filter water on the trail)
- **Waterproof dry bag or ziplock bags** (for keeping electronics/valuables dry)

Camping Gear:

- **Tent:** Lightweight and appropriate for weather conditions
- **Sleeping bag:** Suitable for the season (3-season bag for general use)
- **Sleeping pad:** Insulated and comfortable for ground sleeping
- **Pillow:** Inflatable or a stuff sack filled with clothes
- **Tarp or footprint:** To protect your tent and provide extra shelter

- **Headlamp or flashlight:** With extra batteries
- **Camping stove or portable cooking system** (if cooking meals)
- **Fuel canister or alcohol stove**
- **Lighter/matches:** Waterproof container for extra protection
- **Cookware:** Lightweight pots/pans, utensils, cup/bowl, knife
- **Food:** Trail snacks, dehydrated meals, and fresh food (if needed)
- **Bear canister or food storage bags** (for storing food safely in bear country)

Navigation & Safety:

- **Map of the area:** Waterproof or in a ziplock bag
- **Compass** (if you're familiar with using it)
- **GPS device or phone with a backup power bank**
- **First aid kit:** Include essentials like bandages, antiseptic wipes, blister care, pain relief
- **Multi-tool or knife**
- **Whistle**
- **Emergency blanket or bivy sack**
- **Firestarter kit** (flint, firestarter sticks, etc.)

Personal Care:

- **Toiletries:** Toothbrush, toothpaste, soap (biodegradable), hand sanitizer
- **Toilet paper & trowel** (for digging a cat hole, if no facilities)
- **Wet wipes or biodegradable wipes**
- **Sunscreen**
- **Lip balm with SPF**
- **Insect repellent**
- **Personal hygiene items** (feminine hygiene products, etc.)

Extras:

- **Camera or phone** (for photos, but consider conserving battery)
- **Notebook or journal** (for writing down thoughts or hiking notes)
- **Binoculars** (for bird watching or wildlife spotting)

- **Trekking poles** (for added support on rough terrain)
- **Entertainment** (book, playing cards, etc.)
- **Gaiters** (to protect your legs from brush, snow, or mud)
- **Backup batteries/power bank** (for phones or other electronics)

Optional (Depending on Trip / Location):

- **Bear spray** (if in bear country)
- **Tarp or extra shelter** (for lounging or extra rain cover)
- **Camping chair or hammock** (if you like extra comfort around camp)
- **Camera or GoPro** (for documenting your trip)
- **Fishing gear** (if you plan to fish)
- **Bug netting** (if you're camping in buggy areas)

Before You Go:

- **Let someone know your plans** (itinerary, expected return time)
- **Check the weather forecast** to adjust clothing or gear
- **Leave no trace principles:** Pack everything out, minimize your impact