

# Hiking Packing List

**The Ten Essentials** - These are ten things you should take with you anytime you are in the outdoors.

1. Navigation
  - Compass
  - Map
  - GPS (not required)
2. Sun Protection
  - Sunscreen
  - Glasses
  - Chapstick
  - Hat
3. Insulation (layers are a good way to stay warm. Choose what you bring by the area you are going)
  - Rain Jacket
  - Fleece Jacket
  - Down Jacket
4. Illumination
  - Headlamp
  - Flashlight
  - Batteries
5. First-Aid Supplies
  - First-Aid Kit
6. Fire
  - Lighter
  - Matches
  - Firestarter
  - Flint & Stone
7. Repair Tools & Kit
  - Multi-tool or Pocket Knife
  - Duct Tape
8. Nutrition
  - Trail mix
  - Granola Bars
  - Fruit Leather
9. Hydration
  - Water Bottle
  - Water Filter or other Water Treatment System
10. Emergency Shelter
  - Emergency Blanket
  - Tarp

- Tent (optional for day hike)

Dayback/backpack to carry all essential items

<https://www.rei.com/learn/expert-advice/day-hiking-checklist.html>