

Warm Weather Day Hike Essentials List



Backpack

- Backpack: 20-35 liters

Footwear

- Hiking Boots/Trekking Shoes
- Socks (synthetic or wool)

Clothing

**Cotton should be avoided*

- Wicking short-sleeved shirt
- Wicking underwear
- Quick-drying pants, shorts, or skirt
- Long-sleeve shirt (for bugs and sun)
- Sun-shielding hat
- midweight layer
- Insulating fleece jacket/vest (summit can be cold/windy)
- Rain Jacket

Navigation

- Compass
- Map
- GPS device

Food and Water

- Two or three 1-liter wide-mouth water bottles (amount depending on whether there is a refill source nearby)
- Food (avoid unnecessary weight)
- Avoid canned foods or foods high in water
- Weight of 1.5 to 2 pounds per day is adequate in most circumstances if your food is high in calories.

Sun Protection

- Sun Cream
- Lip Balm

Hygiene

- Toilet paper
- chapstick

First Aid - Basic First Aid Kit

- Tweezers
- Safety pins
- Antibiotic ointment
- Antiseptic towelettes
- Wound closure strips
- Moleskin or duct tape for blisters
- Band-aids
- ACE bandage
- Ibuprofen
- Antihistamine
- Electrolyte powder drink
- Salt pack

Accessories

- Sunglasses (optional)
- Trekking poles (optional)
- Trash Bag
- insect repellent (spring/summer)
- Altimeter (optional)
- watch
- carabiner
- cell phone/two way radio

**It is advised that anyone wishing to participate in any outdoor activity first consult a qualified instructor. Outdoor Adventure Pursuits assumes no responsibility, including but not limited to injury/loss of any kind due to the use of information, or participating in activities found on this group/site.*

