

DAY HIKING CHECKLIST

(Choose items that match your trip plans and the expected weather conditions)

The 10+ Essentials

Drinking water (two quarts)
(or Gookenaid/Cytomax)
Compass
Map of area (in waterproof case)
Emergency Food (Powerbar etc.)
First-aid kit (Moleskin/blister kit)
Pocketknife
Flashlight (with extra batteries/ bulbs)
Sunglasses (with retaining strap)
Sunscreen
Matches (in waterproof container) and fire starter
Whistle (on lanyard to wear around neck)
Extra clothing layer(s)

Clothing

Uniform (Scout shorts and T500 t-shirt or uniform)
Belt
Sun Hat
Light Jacket
Boots/shoes that match the terrain
Wicking liner socks
Hiking socks
Extra laces
Emergency Poncho

Hiking Gear

Backpack/fanny pack
Hiking Stick or Staff
Trail Lunch
Trail Snacks
Radios

Personal Items

Toilet paper and zip lock bags for disposal
Insect repellent
Money
Hiking Report Form

Optional:

Field guides
Camera and film
Notebook and pencil
Watch
Repair Kit
Water-purification tablets/filter