

Suggested Packing List ~ Day Hike

The following is a suggested list of important items for any day hiking trip taking place during the Spring, Summer, or Fall months in the Northeast.

Required Items:

- day pack w/ garbage bag liner
- rain jacket and rain pants
- wool or fleece WARM hat
- gloves or mittens – wool or fleece (warm, not cotton)
- wool or fleece sweater (WARM)
- clothing appropriate to season (t-shirt, loose-fitting pants--avoid jeans, shorts)
- long underwear mid-weight top **AND** bottom (Polypropylene, Thermax, Capilene, etc.) (good for layering under t-shirts and shorts for changing elevations, or temperatures)
- pair wool socks with polypropylene liners, or equivalent NON-COTTON hiking socks
- pair of broken-in, comfortable hiking boots (or if terrain is not rocky or steep, solid supportive sneakers or low-cut hiking shoes are fine)
- small flashlight or headlamp with NEW batteries
- 2 x 1 qt. water bottles
- whistle
- lots of enthusiasm & smiles!

Recommended Items:

- hat with brim for sun
- sun block and chapstick (with sunscreen)
- sunglasses
- small pocket knife
- compass
- extra prescription glasses or contact lenses
- security strap (like Croakies) for sunglasses and glasses

Optional Items:

- small towel
- camera with film
- small roll-on or squeeze tube of insect repellent
- journal or notebook with pen
- binoculars

Additional Leader Items:

This is a list of items that a leader might want along in addition to their personal equipment and the group equipment for any trip, regardless of length.

- first aid kit with incident report forms (appropriate to the length of trip, activity, and needs of participants)
- copy of itinerary (with phone numbers) - (leave a copy behind)
- copies of ALL medical forms of participants - (leave copies behind)
- maps in protective, waterproof bag (with route, emergency routes, and nearest phones)
- compass (and knowledge of how to use it)
- extra clothing -- warm hat, mittens, long underwear, etc. (for participants or emergency situation)
- Thermarest or ground pad (for emergency situation)
- large garbage bag (improvised bivy for emergency situation)
- extra lighter, or waterproof matches
- repair Equipment (appropriate to the equipment on trip): stove kit, extra cord, duct tape, needles, strong thread/fishing line
- pen/paper (for recording emergency information)
- emergency money
- vehicle keys
- water purification (iodine, filter, etc.)
- headlamp with extra batteries