



Suggested Packing List for a 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
- Warm hat (wool or fleece)
- Gloves or mittens (wool or fleece)
- Sweater (wool or fleece)
- Shorts if appropriate to season and/or loose-fitting pants (avoid jeans)
- T-shirt (synthetic recommended)
- 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 or equivalent NON-COTTON hiking socks
- 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 1 liter water bottles (64oz total)
- Whistle
- Hat with brim for sun

Recommended Items:

- Sun block and chapstick (with sunscreen)
- Sunglasses
- Small pocket knife
- Compass and maps
- Extra prescription glasses or contact lenses
- Security strap (like Croakies) for sunglasses and glasses

Additional Leader Items

It is recommended that trip leaders carry additional safety equipment, regardless of the length of the trip:

- Ground pad and large garbage bag (improvised bivy for emergency situation)
- Repair equipment (appropriate to the equipment on trip): stove kit, extra cord, duct tape, needles, strong thread/ line
- Compass (and knowledge of how to use it)
- Copies of ALL medical forms of participants - leave copies behind
- Maps in protective, waterproof bag (with route, emergency routes, and nearest phones)
- Pen/paper (for recording emergency information)
- Emergency money
- Vehicle keys

Optional Items:

- Small towel (if swimming!)
- Camera
- Small roll-on or squeeze tube of insect repellent
- Journal or notebook with pen
- Binoculars
- Field guide
- Lunch and Snacks

- Pen/paper (for recording emergency information)
- Emergency money
- Vehicle keys
- Water purification (iodine, filter, etc.)
- Headlamp with extra batteries
- Cell phone in protective case
- Trowel and hand sanitizer for back country bathroom needs or wag bags if on an offshore island.
- First aid kit, including incident report forms (appropriate to the length of trip, activity, and needs of participants)
- Copy of itinerary (with emergency phone numbers) - leave a copy behind
- Extra clothing -- warm hat, mittens, fleece, etc. (for participants or emergency situation) Ground pad and large garbage bag (improvised bivy for emergency situation)
- Repair equipment (appropriate to the equipment on trip): stove kit, extra cord, duct tape, needles, strong thread/ line