



# Head First Day Trip Checklist

## **CLOTHING**

Hiking boots  
Hiking socks  
Pants and Belt  
T-shirt  
Brimmed cap  
Gloves  
Rainjacket or Coat  
Long-sleeved shirt?  
Knit cap or Ski mask?  
Sunglasses?  
Thermal underwear?  
Waterproof pants?  
Gaiters?  
Extra layer(s) in backpack?  
Extra socks?  
Change of clothes in car?

## **SEARCH AND DOCUMENT GEAR**

Map(s) and Directions  
Compass(es)  
Camera(s) with fully charged batteries  
Lights with full batteries  
Pens and Notepad  
Waterproof watch  
Binoculars or Monocular  
Measuring device?  
GPS unit?

## **TREKKING EQUIPMENT**

Backpack  
Raincover for Backpack  
Water  
Food  
Knife and/or Multitool  
Rope or strong cord  
Plastic bag  
Bandanna or Cloth  
Ice cleats?  
Snow shoes?  
Sunscreen?  
Insect headnet?  
Bug repellent?

## **EMERGENCY EQUIPMENT**

Mobile phone  
First aid kit  
Lighter or Firestarter  
Emergency blanket?  
Whistle and Signaling mirror?  
Water purification tablets?  
Miniature roll of tape?  
Handwarmers?  
Extra food and water in car

## **REMEMBER**

Always tell at least one person who isn't coming on the trip where you are going and when you plan to get back.  
Pack early and leave early.  
Pack right: needed items easily accessible, heavy items low and close to your back.  
Check weather forecasts before and on the morning of your trip.  
Check trail conditions ahead of time if possible.  
Be aware of relevant permits, closing times, and property boundaries.  
Do not count on things going as planned.  
Cellular phone coverage might not be available.  
Decide on a time to turn back.  
Remain observant.