

DAY HIKE PACKING LIST



FOR THE BACKPACK		To Wear		Optional Items	
Essentials for the Hike	<input type="checkbox"/>	Smart Wool Socks	<input type="checkbox"/>	Cell Phone	<input type="checkbox"/>
Head Lamp	<input type="checkbox"/>	Hiking Pants	<input type="checkbox"/>	GPS	<input type="checkbox"/>
Photo Camera	<input type="checkbox"/>	Light Shirt	<input type="checkbox"/>	Knife	<input type="checkbox"/>
Walkie-Talkie	<input type="checkbox"/>	Fleece	<input type="checkbox"/>	Pen & Paper	<input type="checkbox"/>
Light Gloves	<input type="checkbox"/>	Headband/Scarf	<input type="checkbox"/>		<input type="checkbox"/>
Maps/Route Description	<input type="checkbox"/>	Watch	<input type="checkbox"/>		<input type="checkbox"/>
Tissues	<input type="checkbox"/>	Hat	<input type="checkbox"/>		<input type="checkbox"/>
Extra pair of socks	<input type="checkbox"/>	For the Car		OTHER ITEMS	
Plastic Bag – for shoes for Creek Crossings	<input type="checkbox"/>	iPod – Music for Entertainment	<input type="checkbox"/>		<input type="checkbox"/>
First Aid	<input type="checkbox"/>	Jump Cables (just in case)	<input type="checkbox"/>		<input type="checkbox"/>
Emergency Blanket	<input type="checkbox"/>	Extra Water for after the Hike	<input type="checkbox"/>		<input type="checkbox"/>
Poncho	<input type="checkbox"/>	Poison Oak Prevention – Tecnu	<input type="checkbox"/>		<input type="checkbox"/>
Toilet Paper	<input type="checkbox"/>	Hiking Polls	<input type="checkbox"/>		<input type="checkbox"/>
Chopstick	<input type="checkbox"/>	Changes of Clothes/Slippers	<input type="checkbox"/>		<input type="checkbox"/>
Insect Repellent (in season)	<input type="checkbox"/>	Car Registration	<input type="checkbox"/>		<input type="checkbox"/>
Heat		Area Map	<input type="checkbox"/>		<input type="checkbox"/>
Sunglasses	<input type="checkbox"/>	ID/Health Insurance Card	<input type="checkbox"/>		<input type="checkbox"/>
Sun block	<input type="checkbox"/>	Directions	<input type="checkbox"/>		<input type="checkbox"/>
Other – Misc Extras		NOTES (Phone #s, Directions, Etc.)			
Batteries	<input type="checkbox"/>				
Food & Drinks					
Bagel/Other Pastry for Breakfast	<input type="checkbox"/>				
Snacks (Nuts, Bars, Chocolate, Cookies, Cheese, Bread, Power Bar)	<input type="checkbox"/>				
Sandwich for Lunch	<input type="checkbox"/>				
Minimum 2LTRs of Water	<input type="checkbox"/>				