

MAPLE LEAF OUTFITTERS DAY HIKING

CHECKLIST

This checklist is designed for day hikers to use as a guide in addition to good footwear and day pack so you will be prepared.

ESSENTIALS

1. NAVIGATION AND ELECTRONICS

Cellphone
Map
Compass or GPS
Camera

2. SUN PROTECTION

Sunscreen
Lip Balm
Sunglasses

3. INSULATED CLOTHING FOR COOL OR WARM WEATHER

Jacket
Vest
Good pair of socks
Hat

4. ILLUMINATION

Headlamp or flashlight
Extra Batteries

5. FIRST-AID SUPPLIES

Small First-Aid Kit
Reflective blanket

6. FIRE

Matches or lighter
Waterproof container
Fire Starter

7. TOOLS

Knife or multi-tool

8. NUTRITION

Snacks
Lunch
Extra food

9. HYDRATION

Water bottle or hydration pack
Water treatment tablets
Water filter