



YOUR HIKE GUIDE™



Hiking & Backpacking Checklist

Essentials

- 3 liters of water per person
- Trail food
- GPS
- Map of hiking area
- Pocketknife
- Flashlight/Headlamp
- Signal Mirror
- Fire Starter
- Matches
- First Aid Kit
- Spare batteries
- Compass
- Poncho
- Emergency Blanket
- Whistle
- Water purification tablets /
Water filter
- Watch
- Moleskin
- Sunblock

Additional/Optional Items

- Toilet paper
- Two-way radios
- Candles
- Sunglasses
- Bug Repellant
- Metal can
(for cooking or water purification)
- Hand Sanitizer
- 8x10 tarp
- 50 feet of climbing rope
- Dry bag
- Tent
- Sleeping Bag
- Sleeping Pad

For safety and survival tips, check out
<http://www.yourhikeguide.com/survival/>

And here's a list of hiking clothing and shoes we
recommend, <http://www.yourhikeguide.com/category/hiking-gear/>