



DAY HIKE CHECKLIST



BEFORE YOU GO

- ☐ Check the weather.
- ☐ Tell someone where you're hiking.
- ☐ Download a trail map.
- ☐ Charge your phone.
- ☐ Check the trail distance & difficulty.
- ☐ Fill your water bottles.



TRAIL ESSENTIALS

- | | |
|---|---|
| ☐ Day pack | ☐ Sunscreen |
| ☐ Water | ☐ Bug spray |
| ☐ Trail map | ☐ Pocketknife or multitool |
| ☐ Phone | ☐ Tissues |
| ☐ Headlamp or flashlight | ☐ Toilet paper
(because nature happens) |
| ☐ First-aid kit | |



TRAIL SNACKS

- ☐ Jerky
- ☐ Granola bar
- ☐ Electrolytes
- ☐ Extra snacks



CLOTHING

- | | |
|--|--------------------------------------|
| ☐ Comfortable hiking shoes | ☐ Hat |
| ☐ Darn Tough socks | ☐ Sunglasses |
| ☐ Moisture-wicking clothing | ☐ Rain jacket |
| | ☐ Extra layer |



MEGAN'S TRAIL FAVORITES

- | | | |
|---|---|--|
| ☐ Trekking poles | ☐ Small sit pad | ☐ A small treat for the trail
(you earned it!) |
| ☐ Lip balm | ☐ Camera or phone for photos | |



BEFORE YOU HEAD HOME

- | | | |
|--|---|---|
| ☐ Pack out all trash. | ☐ Take a few pictures. | ☐ Be grateful for another adventure. |
| ☐ Leave no trace. | ☐ Pause and appreciate the moment. | |



The greatest adventure begins within. ♥

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