

### Instructions

1. In Column B '**Need?**' on the Day hiking checklist Sheet, mark Y/N for gear you need to have with you.

2. Then when preparing your Day Pack, Gear, etc. mark Y/N in Column C '**Done?**'

**Note:** Take it that everything listed below is required except the 'Optional Extras'. However, use common sense. For example, If you're going out for short day hike on well marked busy trails on a blistering hot and sunny day, you're probably OK not to pack your waterproof over pants.

	<b>Need? Enter Y/N</b>	<b>Done? Enter Y/N</b>
<b>Gear To Wear</b>		
Rain Jacket		
Hiking Pants		
Base Layer		
Mid Layer		
Outer Layer		
Hiking socks		
Hiking Boots		
Gaiters		
Hat		
Neck Gaiter		
Sun Glasses		
Day Pack		
<b>Extra Gear To Carry</b>		
Spare Socks		
Extra Layers For Warmth		
Full Change of Clothes		
Waterproof Over Pants		
Spare Boot Laces		
Gloves (Ski gloves for warmth & a thinner pair)		
Compass		
Map		
Map Bag		
Tissues		
Hygienic Wipes		
mobile Phone		
<b>Accessories</b>		
Water Bladder / Hydration System		
Water Bottles		
First Aid Kit		
Emergency Blanket		
Ground Seat		
Swiss Army Knife		



Head Lamp		
Extra Batteries		
Lunchbox		
Sunscreen		
Lip Balm (with UV Protection)		
Insect Repellent		
Rain Cover		
Trekking Poles		
Plastic Bag		
<b>Sustenance</b>		
Water		
Hot Drink		
Fruit		
Main Meal /Sandwich		
Nuts		
Trail Mix		
Chocolate		
Sweets		
Extra Food (Cereal bars, nuts and Chocolate work well)		
<b>Must Do</b>		
Leave Your Planned Route with a couple of people who will notice if you don't return		
Leave your Departure and Arrival Times with the same folks		
<b>Optional Extras</b>		
GPS		
Camera		
Fire Starting Kit		
Binoculars		
Headnet		
Toilet Trowel		
Toilet Tissue		

