

Day Hike Equipment Trip List

Clothing

- Feet
 - Hiking Boots or Trail Runners
 - Wool Socks
 - Liner Socks (optional)
 - Gaiters (optional)
- Lower Body (dress for the weather)
 - Polypropylene Pants (if cold weather; running tights; long underwear)
 - Fleece Pants (if cold weather)
 - Light Pair of Nylon Pants (zip-off pants so can have a pair of shorts as well)
 - Shorts
 - Rain Pants (an outer-shell to protect you from the wind/rain/etc; consider having pants with lower leg zippers so the pants can be put on and taken off over your boot)
 - Underwear
- Upper Body (dress for the weather)
 - Polypropylene Long Sleeve Top (long underwear; wicking layer)
 - Polypropylene/Nylon Short Sleeve Top (wicking effect)
 - Fleece Jacket or Wool Sweater
 - Rain Jacket
 - Down/Synthetic Jacket (for cold-weather)
 - Women: Sports Bras
 - Gloves (wool or fleece; make sure they are warm enough for the temperatures that you will be encountering)
 - Hat with a Brim or a Stocking Cap (depending on weather)
 - Sunglasses (include keeper strap)
- Other
 - Bandanas

Gear

- Daypack
- Emergency Blanket or Shelter
- Headlamp/Flashlight (with an extra bulb and extra batteries)
- Food (include plenty of snacks to eat during your hike)
- Water (include enough for your hike)
 - Energy Drink Mixes to Replace Electrolytes

Personal Gear

- Lip Balm or Chap Stick (with SPF)
- Sunscreen
- Insect Repellent
- Hand Sanitizer
- Toilet Paper
- Trowel
- Women: Feminine Hygiene Products
- Personal Medications

Essential Items

- First Aid Kit
 - Band-Aids
 - Mole Skin or Second Skin
 - Medical Tape
 - Ibuprofen/Tylenol/Aspirin
 - Gloves
 - First Aid Book
 - Scissors
 - Duct Tape
 - Tweezers
 - Safety Pins
- Map (in a waterproof bag)
- Compass or GPS
- Whistle
- Photo ID
- Insurance Information (can be a copy of your insurance card)
- Emergency Money (include coins for pay phone)
- Pocket Knife
- Matches (in a waterproof container) and Fire Starter
- Watch or Alarm Clock
- Fishing Gear and License (if applicable)
- Leave at least one copy of your trip itinerary with someone not going on the trip so they know where you are going and when you are expected to be back

Miscellaneous/Optional Items

- Binoculars
- Field Guides
- Trekking Poles
- Small Ax or Saw
- Weather Radio
- Altimeter
- Nylon Rope (50 feet)
- Camera (include batteries and film)
- Contact Solution

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Day Hike Equipment List, pg 2