

DAYPACK CHECKLIST

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MANDATORY

3 Liter bladder or bottles
Personal Meds
Flashlight and/or headlamp
 Extra batteries
Sunscreen
Bug repellent
Small knife
Emergency foil blanket
First aid supplies:
 Second skin blister pads
 Antiseptic ointment/Alcohol pads
 Moleskin
 Band aids
 Vaseline (small trial size)
Tissues
Sealable sandwich bags (3)
Snack examples:
 Granola bars
 Peanuts
 Beef jerky/Slim Jims
 Trail mix/Gorp
 M & M's
 Energy gels
Electolyte drink, powder or tablets
(64oz.)
Extra socks (in sealed bag)
Gloves/use extra socks
Waterproof map
Waterproof jacket
Poly pro/Merino wool long sleeve shirt
Water purifier tablets/Filter device
Emergency blanket (silver mylar)
Emergency whistle
Compass (flat and transparent)
Small roll duct tape

OPTIONAL

Hat, wide brim
Trekking pole(s)
Sunglasses
Tylenol/Aleve (anti-inflammatory)
Camera and film/extra memory card
Extra batteries (Lithium lasts longest)
Binoculars
Small notebook & stub pencil
GPS receiver
Cell phone
Two Way Radio

TRAIL DRESS

Trail or hiking shoes
Merino wool/Poly pro socks
Performance wicking type shirt
Performance wicking type pants
Performance underwear

