

Hike Check List

The national voice for
America's hikers

The 10 Essentials

- Map/guidebook and compass
- Flashlight or headlamp and extra batteries
- Extra food
- Extra clothing
- Raingear (top & bottom)
- Sun Protection - UV (ultraviolet) blocking sunglasses & sunscreen
- First-aid kit
- Pocketknife
- Matches in a waterproof container and firestarter
- Water bottles and water

Other Musts to Stuff in your Daypack

- Watch
- Toilet paper and alcohol wipes
- Insect repellent
- Lip balm
- Spare zipper-locked plastic bags
- Twine or thin nylon cord
- Duct tape
- Space Blanket

What to Bring: Optional

- Binoculars
- Field guides
- Camera
- Cell phone
- GPS unit
- Swimsuit
- Fishing Tackle

Resources

Books About Hiking

- Fletcher, Colin and Chip Rollins. *The Complete Walker IV*. New York: Alfred Knopf, 1984.
- Lanza, Michael. *Day Hiker's Handbook*. Seattle: The Mountaineers Books, 2003.
- McKinney, John. *Joy of Hiking: Hiking the Trailmaster Way*. Berkeley: Wilderness Press, 2005.
- Robbins, Michael W. *The Hiking Companion*. North Adams: Storey Books, 2003.
- Rudner, Ruth. *Walking*. Champaign: Human Kinetics, 1996.
- Simer, Pete and John Sullivan. *The National Outdoor Leadership School's Wilderness Guide*. New York: Simon and Schuster, 1985.
- Jardine, Ray. *Beyond Backpacking*. La Pine: Adventure Lore Press, 1992.

Books About Outdoor Leadership

- Curtis, Rick. *The Backpackers Field Manual: A Comprehensive Guide to Mastering Backcountry Skills*. New York: Three Rivers Press, 2005.
- Graydon, Don; and Kurt Hanson. *Mountaineering: The Freedom of the Hills*. Seattle: The Mountaineers Books, 1997.
- Graham, John. *Outdoor Leadership: Technique, Common Sense & Self Confidence*. Seattle: The Mountaineers Books, 1997.
- Harvey, Mark. *The National Outdoor Leadership School's Wilderness Guide*. Fireside Publisher, 1999.
- Kossef, Alex. *AMC Guide to Outdoor Leadership*. Boston: Appalachian Mountain Club Books, 2003.

Fact Sheet