

Day Hiking

Check List

| | ITEM | | RECOMMENDATION |
|-----------------------|-------------------------------|--------------------------|----------------|
| ESSENTIALS | Compass | <input type="checkbox"/> | |
| | Day Pack | <input type="checkbox"/> | |
| | Day Walks Guide | <input type="checkbox"/> | |
| | Drink Bottle | <input type="checkbox"/> | |
| | Emergency Blanket | <input type="checkbox"/> | |
| | First Aid Kit | <input type="checkbox"/> | |
| | Food | <input type="checkbox"/> | |
| | GPS | <input type="checkbox"/> | |
| | Head Lantern | <input type="checkbox"/> | |
| | Hydration Pack | <input type="checkbox"/> | |
| | Map | <input type="checkbox"/> | |
| | Map Case | <input type="checkbox"/> | |
| | Permit | <input type="checkbox"/> | If required |
| | Whistle | <input type="checkbox"/> | |
| CLOTHING /FOOTWEAR | Hiking Socks | <input type="checkbox"/> | |
| | Quick Dry Clothing | <input type="checkbox"/> | |
| | Sunglasses | <input type="checkbox"/> | |
| | Supportive Cushioned Footwear | <input type="checkbox"/> | |
| | Wet Weather Gear | <input type="checkbox"/> | |
| | Wide Brimmed Hat | <input type="checkbox"/> | |
| | Wool/ Polartec Top | <input type="checkbox"/> | |
| PERSONAL ITEMS | Binoculars | <input type="checkbox"/> | |
| | Camera | <input type="checkbox"/> | |
| | Lightweight Towel | <input type="checkbox"/> | |
| | Pedometer | <input type="checkbox"/> | |
| | Sunscreen | <input type="checkbox"/> | |
| | Walking Pole | <input type="checkbox"/> | |
| | Watch | <input type="checkbox"/> | |
| | Water Proof Matches | <input type="checkbox"/> | |
| OTHER ITEMS | | <input type="checkbox"/> | |
| | | <input type="checkbox"/> | |
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