



Easy Walks Checklist

Our comprehensive Berkeley Walkways checklist helps prepare you for easy walking adventures. Remember these essentials to keep you safe and comfortable.

- ☐ Daypack (sling, waist pack, backpack-style, hydration pack)
- ☐ Emergency whistle, attached to your pack
- ☐ Cell phone
- ☐ Drinking water
- ☐ Snacks
- ☐ Sunglasses
- ☐ Sunscreen (SPF 30+)
- ☐ Medications
- ☐ Toilet paper in a plastic bag
- ☐ Wet wipes
- ☐ Hand sanitizer
- ☐ Properly fitted, broken-in shoes appropriate for your walk
- ☐ Season-specific clothing layers
- ☐ Sun hat, visor or ball cap
- ☐ Insect repellent
- ☐ Let your family & friends know where you're going and return time
- ☐ _____
- ☐ _____
- ☐ _____