



Day-Hiking Checklist

Our comprehensive Berkeley Walkways checklist helps prepare you for day-hiking trips. Remember these essentials to keep you safe.

- | | |
|--|--|
| ☐ Daypack (sling, waist pack, backpack-style, hydration pack) | ☐ Sunglasses |
| ☐ Emergency whistle, attached to your pack | ☐ Sunscreen (SPF 30+) |
| ☐ Knife or multi-tool | ☐ Insect repellent |
| ☐ Repair / duct tape | ☐ Copies of ID and medical insurance |
| ☐ Dry bag for personal items | ☐ <u>Know your route</u> : print off map from Berkeley Walkways, download off-line maps, download GPS files |
| ☐ Cell phone in waterproof bag or case | ☐ Compass |
| ☐ First aid kit | ☐ <u>Fire making ability</u> : lighter, matches, ferro rod, tinder, in a waterproof sack/ziplock |
| ☐ Medications | ☐ <u>Shelter</u> : light emergency bivy or small tarp |
| ☐ Toilet paper in a plastic bag | ☐ Headlamp |
| ☐ Sanitation trowel | ☐ Camera |
| ☐ Hand sanitizer | ☐ Binoculars |
| ☐ Ziplock waste bag | ☐ Optional: Trekking poles |
| ☐ More drinking water than you think you'll need! | ☐ Provide family & friends with trip itinerary |
| ☐ Snacks | ☐ _____ |
| ☐ Properly fitted, broken-in shoes appropriate for your hike/walk | ☐ _____ |
| ☐ Clean footwear for the drive home | ☐ _____ |
| ☐ Season-specific clothing layers | |
| ☐ Sun hat, visor or ball cap | |
| ☐ Bandana | |