

# Day Hike Packing Checklist

A practical list for easy day hikes on marked trails.

<b>Best for</b> Beginner hikers	<b>Format</b> Printable PDF	<b>Use</b> Print or save offline
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## Essentials

- Water, plus extra in heat or on longer routes.
- Snacks or lunch.
- Route map, downloaded map, or printed directions.
- Charged phone.
- Weather-appropriate clothing.
- Comfortable shoes with grip.
- Small first-aid kit.
- Sun protection.
- Identification and needed medication.

## Safety

- Tell someone your route and return time.
- Check weather before leaving.
- Know sunset time.
- Carry a whistle.
- Bring a small light or headlamp for longer routes.
- Turn around if weather changes, the trail becomes unclear, or energy drops.

## Comfort

- Extra socks.
- Lightweight rain shell.
- Bug protection when needed.
- Sit pad or small cloth.
- Waste bag for wrappers and litter.

## Optional Nature Tools

- Binoculars.
- Notebook and pencil.
- Field guide or identification app.
- Small magnifier.

**Safety note: This checklist supports planning but does not replace local trail advice, weather alerts, or professional instruction.**