

Hike Prep List

This checklist is for taking group day hikes that are near faculties and phones. It is a general inventory you can personalize with additions, modifications and deletions. By having a comprehensive list, you will be much less likely to forget valuable items.

Knowing yourself – capabilities as well as limits – is paramount. Also, know the environment: weather possibilities, temperature range, grounds surfaces, inclines, and elevation changes. You can talk with the Outing Leader about specific conditions and preparations.

Starting from the ground up:

- Comfort footwear with appropriate grip (try out!)
- Socks combination (thin liner/cushion outer?)
- Clothing (layers for temp/SPF/brush)
- Water in recyclable BFA-free container (adequate+ for conditions)
- Food for meal or snacks (balanced nutrition)
- Sun block (enough to reapply)
- Sun glasses (good UVs)
- Hat (your pick for face/neck shade, style)
- Rain protection (if indicated)
- Insect repellent (your preference)
- Map (nice to have)
- Camera (if desired)
- Conversation starters (interesting, upbeat)
- Other (gloves, phone, walking stick, ?)