



## Hiking, Camping and Shooting's Hiking Checklist

(as of 30 October 2018)

Hiking is fundamentally a one-day activity - so the level of preparation and gear is significantly less than in camping. In the area of contingency planning this is especially true since the weather is less variable and the distance back to civilization is shorter. Consequently, when Hiking, you really just need to plan for (and gear up for) one day plus potential emergencies.

Here's the type of gear that we use and think you need for **Hiking**:

### 1) Footwear

- a. Hiking Boots
- b. Wool Hiking Socks
- c. Polyester Liner Hiking Socks
- d. Gaiters
- e. Snow Boots

### 2) Headgear

- a. Hat
- b. Bandana

### 3) Navigation

- a. Local Area Map or App
- b. Small Notebook and Wood Pencil
  - i. Normal Paper
  - ii. Waterproof Paper
- c. Compass
- d. Small Binoculars

### 4) Hydration

- a. Water Bottles

### 5) Food

- a. Power Bars
- b. Small Plastic Bag to Keep Food Together in Day Pack

### 6) Photography

- a. Phone with Camera
- b. Digital Camera with Integrated Zoom Lens
- c. Phone Grip with Tripod Mount
- d. Small Tripod

### 7) Raingear

- a. Rain Poncho with Backpack Extension

### 8) First Aid

- a. Sunscreen
- b. Bug Spray/Insect Repellent

- c. Small Day Pack First Aid Kit
- d. First Aid Instructions
- e. Moleskin
- f. Lip Balm

### **9) Emergency Supplies**

- a. Locking Knife
- b. Paracord Bracelet
- c. Emergency Whistle
- d. Disposable Butane Lighter
- e. Waterproof Matches
- f. Waterproof Firestarter Blocks (2)
- g. Waterproof Match Case
- h. Signaling Mirror
- i. Thermal Survival Blanket
- j. Survival Skill Cards

### **10) Day Pack**

- a. Day Pack with Water Bottles

For more information and details about the specific **Hiking gear** that we use (49 items from these 10 categories) check out our website at:

<http://www.hikingcampingandshooting.com/hiking.html>