



Day Hike Checklist

 **PLACID.OUTDOORS**

BACKPACK & CONTAINERS

- Day Hiking Pack.
- Zip Lock Bag (For Electronics).
- Backpack Rain Cover.

WARNING

Tell a friend that is not joining your hike where you're hiking and then let them know when you're back home again.



CLOTHING

- T-shirt / Long Sleeve.
- Pants / Shorts.
- Jacket / Fleece.
- Boots (Hiking / Trail Running).
- Socks (Blister resistant ideal).
- Extra socks.
- Sunglasses.
- Cap/Sun Hat.

NAVIGATION & TOOLS

- Map.
- Compass.
- Bear Spray.
- Knife / Multi Tool.
- Water Filtration Unit.

FOODS & LIQUIDS

- Water.
- Food.
- Snacks / Fruit.

TECHNOLOGY

- Power Bar.
- GPS (Optional).

HEALTH & EMERGENCY

- Band aids.
- First Aid Kit.
- Sun Block.
- Wet Wipes.
- Fire Starter / Matches.
- Bug Spray.
- Hand Sanitizer.
- Prescription meds (if any).
- Toilet paper.

<https://placidoutdoors.com>

