



# Day hike checklist

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## PLANNING

- Check trail distance, elevation gain, and difficulty
- Check weather forecast — and the day before
- Download offline map (AllTrails, Gaia GPS, Topo)
- Tell someone: trailhead, route, return time
- Check sunrise and sunset times
- Check permit or access requirements

● [hikecalc.com/trail-difficulty-calculator](https://hikecalc.com/trail-difficulty-calculator) — check if the trail suits your fitness.

## WATER & FOOD

- Water: 500 ml per hour of hiking
- Backup purification — filter, tablets, or UV pen
- Lunch + 2 snacks (200–300 kcal/hr)
- Emergency food for unexpected delays
- Electrolytes for hikes over 3 hours

● [hikecalc.com/water-intake-calculator](https://hikecalc.com/water-intake-calculator) for a personalised hydration target.

## THE 10 ESSENTIALS

- Navigation — map + compass or GPS
- Sun protection — SPF 30+, sunglasses, hat
- Insulation — extra layer for weather change
- Illumination — headlamp + spare batteries
- First aid — blister kit, bandages, pain relief
- Fire starting — lighter + waterproof matches
- Repair tools — duct tape, knife, cord
- Emergency shelter — bivy or blanket

## CLOTHING & FOOTWEAR

- Moisture-wicking base layer (no cotton)
- Mid-layer or insulating jacket
- Waterproof shell / rain jacket
- Hiking pants or shorts
- Broken-in hiking boots or trail runners
- Wool or synthetic socks — 2 pairs
- Gloves + beanie (above 1,500 m)

● [hikecalc.com/hiking-boot-size-calculator](https://hikecalc.com/hiking-boot-size-calculator) before buying new footwear.

## PACK & LOAD

- Daypack with hip belt (20–30 L)
- Pack rain cover or dry bags inside
- Pack weight under 20% of bodyweight
- Heavy items close to back, centred
- Trekking poles

● [hikecalc.com/backpack-weight-calculator](https://hikecalc.com/backpack-weight-calculator) to check your ideal load.

## AT THE TRAILHEAD

- Sign the intentions book if available
- Apply sunscreen before you start
- Photo of the trailhead map board
- Tighten boot laces, adjust pack straps
- Final check: start time vs. sunset

## HEALTH & SAFETY

- Blister prevention — tape hotspots before start
- Personal medications (EpiPen, inhaler, etc.)
- PLB or satellite communicator (remote hikes)
- Emergency contacts saved on phone

● *Physio tip: downhill puts 3–4x bodyweight through your knees. Poles reduce this by ~25%.*



# Multi-day hike checklist

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## PLANNING & LOGISTICS

- Research each day's distance and elevation
- Book huts, campsites, or permits
- Weather forecast for full trip duration
- File trip intention with responsible person
- Identify bail-out and emergency exit routes
- Check water source availability per day
- Know nearest hospital and emergency contacts

## SHELTER & SLEEP

- Tent or hut booking confirmed
- Sleeping bag rated for overnight lows
- Sleeping pad — insulation rating checked
- Tent footprint or groundsheet
- Repair kit — patches, pole splint, seam sealer

● [hikecalc.com/sleeping-bag-temperature-calculator](https://hikecalc.com/sleeping-bag-temperature-calculator) to check your bag's rating.

## WATER & FOOD

- Water filter or purification system
- Food for all days + 1 emergency day
- Stove, fuel canister, and lighter
- Cookpot, utensils, and camp mug
- Bear canister or hang bag if required

## CLOTHING

- Moisture-wicking base layer — 1–2 sets
- Insulating mid-layer (fleece or down)
- Waterproof shell jacket and pants
- Camp shoes or sandals
- Gloves, beanie, sun hat
- Hiking socks — 1 pair per day minimum
- Gaiters (muddy or snowy terrain)

## PACK & LOAD

- Pack weight under 20% of bodyweight
- Pack rain cover + dry bags for critical items
- Heavy items close to back, centred
- Trekking poles + spare tips and basket

● [hikecalc.com/backpack-weight-calculator](https://hikecalc.com/backpack-weight-calculator) to check your load.

## SAFETY & COMMUNICATION

- Personal Locator Beacon (PLB) or sat comms
- Full multi-day first aid kit
- Personal meds for full duration + spares
- Blister kit — tape, Compeed, needle
- Emergency whistle + headlamp
- Phone charged, maps offline, power bank

## LEAVE NO TRACE

- Trowel for cat holes (if no facilities)
- Waste bags — pack everything out
- Biodegradable soap only
- Pack out all food scraps and rubbish