

Day Hike Packing List

Day trips are perfect when you don't have the time or the experience to undertake an overnight trip. These hikes still involve planning to make sure you stay safe which includes packing the right gear and that's why we made this list to help you get started.

Required Gear

- Hiking day pack - this can also be a simple day pack or backpack.
- Two filled water bottles (2L Total Min)
- Small first-aid kit
- Hiking shoes / Walking shoes
- Spare pair of socks
- Mobile phone
- Appropriate clothing
- Map (Laminated if possible)
- Compass
- Sunscreen (SPF 30+)
- Insect repellent
- Broad-brim hat
- Whistle
- Survival kit (Optional)
- Swiss army knife / Pocket knife (
- Garbage bag - this can also be a small plastic bag or dry bag and always remember to leave no trace.
- PLB (depending on location)

Conditions Dependent Gear

- Waterproof jacket
- Sunglasses
- Gaiters
- Torch (Night hiking)
- Hiking poles (Uneven terrain)
- Gloves (Merino Wool is best)
- Thermals
- Space blanket - good emergency shelter if caught out in the cold.
- Beanie

Food

- Lunch - Sandwich or wrap
- Snack - Energy bars, trail mix
- Extra provisions for emergency