

Day Hiking Gear Checklist

Plan ahead and prepare for your next hike! Below is a list of commonly used gear to help make your time on trail safe, successful, and more comfortable. Connect with the Green Mountain Club's Visitor Center for day hike suggestions, resources, and more!

OUTFITTING

- Daypack
- Hiking pants/shorts
- Hiking shoes or boots
- Wool or synthetic hiking socks
- Gaiters (optional)
- Hat
- Sunglasses
- Hiking shirt (sunshirt, baselayer, or short-sleeve/tank)
- Jacket(s) (rain, puffy, fleece, or windbreaker)
- Buff/neck gaiter (optional)

FOOD & WATER

- Full water bottles or hydration bladder (recommended 1L per 5 mi.)
- Favorite trail snacks (calorie-dense)
- Lunch (if you'll be out long)
- Water filter or iodine tablets
- Empty bag for trash
- Electrolyte tablets (optional)

SAFETY & MISC.

- Headlamp
- First aid kit and medication (if any)
- Sunscreen and bug spray (optional)
- Bathroom kit (toilet paper, hand sanitizer, & trowel)
- Multitool or pocket knife (optional)
- Trekking poles (optional)

NAVIGATION

- Paper topographic map
- Downloaded offline map
- Compass
- Emergency SOS system/beacon (optional)
- Trail guide (optional)

For more information on day hike planning, scan the QR code below.

