

BIG DADDY CHECKLISTS **HIKING**

Basics

- Hydration
- Nutrition
- Navigation equipment
- Sun protection
- Flashlight/headlamp
- Extra clothing/footwear
- Knife/Multitool
- Firestarter/Windproof matches
- First aid kit
- Printed hiking permit (if applicable)
- Cell phone
- Identification card
- Cash/Credit/Debit cards

Gear

- Trekking poles
- Walkie Talkies
- Batteries
- Dry bags
- Umbrella
- Repair kit
- Carabiners
- Bear Spray
- Trashbags/Ziploc bags
- Trail guide
- Binoculars
- Go Pro/Camera
- Water reservoir
- Rags
- Hammock
- Hand warmers
- Portable charger
- Water mister
- Bluetooth speaker/headphones

Clothing & Wearables

- Backpack/Daypack
- Fanny pack
- Hiking Pants
- Hiking Boots
- Base Layers
- Hat
- Wool Socks
- Breathable Underwear
- Sunglasses
- Gaiter
- Gloves
- Mid/Heavy weight fleece or pile jacket
- Rain Jacket

Personal Care & Hygiene

- Insect repellent
- Hand wipes
- Toilet paper
- Feminine products
- Sanitary trowel
- Lip balm
- Hand sanitizer
- Hair ties
- Biodegradable soap
- Toothbrush
- Natural toothpaste/Baking soda

Emergency

- Day/Night Flares
- Signal mirror
- Emergency Blanket/Bivy
- Whistle/Airhorn
- Water treatment tablets
- Two-way radio
- Duct tape