Select items that match your trip plans and the expected weather conditions. Keep dry in HD plastic bags.

### The Ten Essentials (for Safety, Survival and Basic Comfort)

**1. Navigation**
- Map (with protective case)
- Compass
- GPS (optional)

**2. Sun Protection**
- Sunscreen and lip balm
- Sun glasses
- Skin-shielding hat and clothing

**3. Insulation**
- Jacket or vest (preferably synthetic)
- Fleece pants (sometimes optional)

**4. Illumination**
- Headlamp or flashlight
- Extra batteries

**5. First-aid Supplies**
- First-aid kit
  (See our first-aid checklist)

**6. Fire**
- Matches/Lighter
- Fire starter
- Waterproof container

**7. Repair Kit and Tools**
- Knife and/or multi-tool
- Mattress repair kit
- Duct tape strips on bottle, poles

**8. Nutrition**
- Extra day’s supply of food
- Spare energy bars, gels, trail mix

**9. Hydration**
- Water bottle/hydration reservoir
- Water filter or other treatment system

**10. Emergency Shelter**
- Reflective blanket
  (or tent, tarp or bivy sack)
- Trash bag

### Beyond the Ten Essentials (Note: Rarely will anyone carry every item.)

- Backpack
- Daypack or summit pack
- Pack cover
- **Tent, tarp or bivy sack**
- Tent stakes and guy lines
- Tent-pole repair sleeve
- Footprint (if needed for tent)
- Sleeping bag
- Stuff sack or compression sack
- Sleeping pad
- Pillow or stuffable pillow
- Whistle (plus signaling mirror)
- Multifunction watch (with altimeter)
- Ice axe
- Trekking poles
- Snow stakes
- Straps
- Water bottle insulator

- Meals/food
- Energy food (bars, gels, trail mix)
- Powdered drinks – optional
- Stove - matches/lighter
- Fuel
- Cook set/pot scrubber
- Dishes or bowls
- Utensils
- Cups (measuring cups)
- Pot grabber/pliers
- Food storage sacks or canister
- 50-foot nylon cord – bear bag kit
- Aqua Mura (backup water treatment)
- Collapsible sink or container
- Packable lantern
- Large trash bag for snow melt
- Hot pacs
- Sit pad

Note:  * = Day Hiker Gear
### Clothing (choose per trip length, weather extremes)

**Warm Weather**
- Wicking T-shirt
- Wicking underwear
- Quick-drying pants/shorts
- Long-sleeve shirt (for bugs, sun)
- Sun-shielding hat
- Bandana or Buff

**Cool Weather**
- Wicking long-sleeve T-shirt
- Long underwear (good for sleepwear)
- Hat, cap or headband
- Neck gaiter
- Waterproof/breathable rain jacket
- Waterproof/breathable rain pants
- Insulating jacket/vest/pants
- Gloves or mittens
- Over mitten
- Face mask

### Footwear
- Boots or shoes suited to terrain
- Socks (synthetic or wool)
- Clogs, Water sandals (for fording)

### Personal Items
- Insect repellant
- Headnet
- Toilet paper kit
- Sanitation trowel
- Lip balm (with sun protection)

### Other Items
- Permits
- Route description or guidebook
- Interpretive field guide(s)
- Camera
- Binocular
- Music player with headphones
- Star identifier
- Book

### Note:  * = Day Hiker Gear