

One of the best things about a day hike: You don't need to bring too much. A few hours and you'll likely need little more than a few liters of water, a jacket, a snack, and something to carry it all. Longer outings typically mean the same gear, just a bit more food—break up the day by packing along a sandwich from your favorite deli for lunch.

The best strategy: check the weather reports before going out, and pack accordingly. To help in that pursuit, the list below covers just about everything you'd need for a daylong outing. And when it comes to clothing, no cotton. If you get wet, it'll take the duration of your hike to dry.



## ESSENTIALS

- Day backpack
- 2 one-liter water bottles
- Map, trail directions, or guidebook



## CLOTHES

- Trail-running shoes or hiking boots
- Wicking T-Shirt (or long-sleeved if colder)
- Fleece jacket or vest (if warmer)
- Synthetic pants/shorts (or convertible pants)
- Hiking socks
- Sun/rain hat
- Rain/wind jacket and pants
- Fleece/wool hat\*
- Gloves\*



## ACCESSORIES

- Food (snacks, trail mix, energy bars, or lunch)
- Knife/multi-tool
- Camera and film
- Watch
- Band-Aids
- Bug repellent
- Hiking poles\*
- Sunglasses\*
- Sunscreen\*

\*Indicates optional/depending on climate and geography