

Trail / Park Name: _____ Date: _____ Distance / Elevation: _____

Weather Forecast: _____ Est. Hike Time: _____ Safety Contact: _____

★ PRE-HIKE ESSENTIALS (BEFORE YOU HIT THE TRAIL)

- Check weather forecast & trail conditions
 - Download offline trail maps (AllTrails / Gaia / Avenza)
- Share your planned itinerary & expected return time
 - Know local wildlife risks & carry bear spray if applicable

1. Core Hiking Gear

- ☐ Daypack (15L – 30L) *Fitted & comfortable*
- ☐ Water Bottles / Reservoir *1.5L – 3L capacity*
- ☐ Water Filter / Purification Tabs *Emergency refill*
- ☐ High-Energy Trail Snacks *Bars, trail mix, jerky*
- ☐ Packed Lunch / Extra Food *Emergency buffer*
- ☐ Trekking Poles *Optional / Knee support*

2. Navigation & Safety

- ☐ Topographic Trail Map *Paper / Waterproof*
- ☐ Compass / GPS Device
- ☐ Headlamp / Flashlight *Check battery*
- ☐ Multi-tool or Pocket Knife
- ☐ Whistle & Fire Starter *Matches / Lighter*
- ☐ Bear Spray & Quick-Access Holster *If in bear country*
- ☐ Satellite Messenger / PLB *For remote trails*

3. First Aid & Personal Care

- ☐ Compact First Aid Kit *Bandages, gauze, tape*
- ☐ Blister Treatment / Moleskin *Apply early*
- ☐ Personal Medications *Inhaler, EpiPen, etc.*
- ☐ Sunscreen & SPF Lip Balm
- ☐ Insect Repellent / Bug Net
- ☐ Hand Sanitizer & Tissues/Wipes
- ☐ Small Trowel & Waste Bag *Leave No Trace*

4. Clothing & Wearables

- ☐ Moisture-Wicking Shirt *Avoid cotton*
- ☐ Hiking Pants / Shorts *Quick-dry material*
- ☐ Insulating Layer (Fleece / Light Down)
- ☐ Waterproof Rain Shell *Wind & rain protection*
- ☐ Sturdy Hiking Boots / Trail Runners
- ☐ Merino Wool Hiking Socks *+ 1 extra pair*
- ☐ Sun Hat / Cap & Sunglasses
- ☐ Toque / Beanie & Light Gloves *Cooler weather*

5. Essentials & Electronics

- ☐ Fully Charged Smartphone *Maps downloaded*
- ☐ Portable Power Bank & Cable
- ☐ ID, Park Pass & Cash / Card
- ☐ Sit Pad / Lightweight Cushion
- ☐ Trash / Pack-Out Bag *For garbage/food scraps*
- ☐ Camera / Microfiber Cloth

Principles of Leave No Trace

1. Plan ahead & prepare • 2. Travel on durable surfaces • 3. Dispose of waste properly (Pack it in, pack it out) • 4. Leave what you find • 5. Respect wildlife • 6. Be considerate of other visitors.