



10+ ESSENTIALS FOR HIKING

HIKING SUPPLY CHECKLIST

NAVIGATION

- Map, compass, altimeter
- GPS device with battery backup
- Personal locator beacon (PLB) or satellite messenger and battery backup

ILLUMINATION

- Headlamp and extra batteries/recharger
- Small flashlight

SUN PROTECTION

- Sunglasses
- Sun-protective clothing and hat
- Sunscreen
- Lip balm with SPF

REPAIR TOOLS

- Pocket knife
- Gear repair kit
- Duct tape (wrapped around hiking poles, or carried as a tube)

FIRE

- Waterproof matches
- Lighter
- Fire starter materials

SHELTER

- Emergency bivy or tent

NUTRITION

- Extra food (beyond minimum expectation)

HYDRATION

- Extra water (beyond minimum expectation)
- Water filter system and/or iodine tablets

INSULATION

- Rain jacket and pants
- Extra clothing layers (e.g., wicking long-sleeved shirt, long underwear)
- Dry socks
- Warm hat and gloves



FIRST AID (Humans and Pets) - Wounds, blisters, infections

- Gloves (non-latex)
- Disposable mask
- Scissors
- Tweezers
- Bandages (adhesive, various sizes)
- Butterfly wound closures (adhesive, waterproof)
- Sterile squares (4x4")
- Roller bandages (gauze or self-stick wrap)
- Triangular bandage (40x40x56")
- Moleskin for blisters
- Leukotape (rayon-backed rehab tape)
- Alcohol wipes (individually packaged)
- Antibiotic ointment (individually packaged)

FIRST AID - Medications

- EpiPen (prescribed for life-threatening allergies)
- Antihistamine pills (Benadryl, Allegra)
- Antihistamine topical ointment roller (Benadryl)
- Anti-diarrheal tablets (Imodium)
- Anti-inflammatory (Ibuprofen)
- Pain relief (Acetaminophen)

FIRST AID - Supplements

- Electrolyte tablets (e.g. Nuun)
- Energy gel (e.g. Gu)

FIRST AID - Frostbite Prevention

- Hand and foot warmers

FIRST AID - Pets

- Paw booties
- Soft muzzle (pre-fit and train to use)
- Styptic powder with benzocaine
- Anti-anxiety medication (vet prescribed)
- Cooling bandana (water-activated, reusable)

EMERGENCY / SELF DEFENSE

- Pepper spray and Bear spray
- Whistle
- Air horn (hand-sized)



ID AND EMERGENCY INFO

- Driver's license
- Road ID tag
- Medication/allergy list
- Emergency contact info

DOG ESSENTIALS

- Light-up collar and extra batteries/recharger
- Collapsible bowl (food and water)
- Emergency carrier (Fido Pro Airlift)
- Leash and backup leash
- First aid kit (see 'First Aid – Humans & Pets')