



ESSENTIALS

TO DO

- Call ranger station for trail conditions
- Apply for any required permits
- Check if \$ or pass is req. at trailhead
- [Check current weather](#)
- Charge electronics & check batteries
- Study topo map/take photos of guidebook pages
- Download [GPS phone app](#) & appropriate maps or GPS area
- Download driving directions
- Leave [itinerary](#) w/ friend & under seat

CLOTHING

Based on season and weather conditions:

- Hiking pants or shorts
- [Quick-dry underwear](#)
- Shirt ([sun shirt](#), [base layer](#), or short sleeve/tank)
- Jacket(s) ([rain](#), [down](#), [fleece](#), [windbreaker](#) - possibly a combo)
- [Shoes/boots](#)
- [High-quality socks](#)
- [Gaiters](#) (for talus, sand, etc.)
- Hat(s) ([warm](#) or for [sun](#))
- [Gloves](#)
- [Sunglasses](#)

TOOLS & ACCESSORIES

- [Headlamp](#)
- [Wallet](#) (w/ \$, ID & insurance card)
- Phone in [protective case](#)
- [First aid kit](#) & prescription Rx
- [Sunscreen](#) & [lip balm](#)
- Poop kit (TP, [hand sanitizer](#) & [trowel](#))
- [Light pocket knife](#) or [multitool](#)
- UL [chair/sit pad](#) or [hammock](#)
- [Trekking poles](#)

PACK

Choose one of the following:

- [Daypack](#)
- [Hydration pack](#)
- [Fanny pack](#)
- [Extra shoulder](#) or [hip belt pocket](#)

WATERPROOFING

Choose one of the following:

- [Pack liner](#)
- [Trash bag](#)
- [Waterproof stuff sacks](#)
- [Large Ziploc](#)

NAVIGATION EQUIPMENT

- Topo map(s)
- [Waterproof map bag](#)/ Ziploc
- [Compass](#)
- [Watch](#)
- [GPS phone app](#)

PACK IN CAR

- [Parking pass](#) or cash/card for pay station
- [Itinerary](#) or note under seat
- Clean clothes & comfy shoes
- Gallon of water to refill bottles
- [Cooler](#) with post-hike refreshments
- [Blanket](#) or [camping chairs](#)

FOOD & WATER

- Full [water bottle\(s\)](#) or [hydration bladder](#)
- [Food](#) & [snacks](#)
- [Spoon](#)
- Empty [Ziploc](#) (for garbage)
- [Drink mixes](#)
- [Travel mug](#) & [coffee/tea](#)



ADDITIONAL GEAR FOR SPECIFIC TRIPS

LONG HIKES / REMOTE LOCATIONS

- Extra food for emergencies
- Whistle
- Duct/Tenacious Tape (for repairs)
- Small lighter & fire starters
- Water filter or treatment pills
- Collapsible water containers
- Satellite Messenger/PLB
- Emergency blanket/shelter

DOG

For the trail

- Leash
- Collar/harness
- Food & collapsible bowl
- Extra water (you carry)
- Treats & treat pouch
- Dog boots / Musher's Secret Wax
- Poop bags & gallon Ziploc or OPsak (to pack out waste)
- Dog backpack
- Dog jacket (for dogs with low cold tolerance)
- Foam pad (to insulate you and your dog from the cold/wet ground during breaks)
- Dog first aid kit (or add stuff to human first aid kit)
- Collar light (check battery pre-trip)

Leave in car

- Quick-dry towel
- Blanket
- Dog car hammock (seat protector)
- Extra dog food in airtight container

RAIN & SNOW

- Rain jacket
- Rain pants
- Rain mittens
- Umbrella
- Warm socks
- Traction devices or snowshoes
- GPS/phone app (for route finding in snow)

MOSQUITOS & TICKS

- Pre-treat clothing with Permethrin
- Treat skin with Picaridin
- Head net

GRIZZLY BEAR COUNTRY

- Bear canister
- Bear spray

PHOTOGRAPHY

Backup photos, clear storage & clean lens pre-trip.

- Camera and/or phone
- Holster, clip, or shoulder pouch
- Lightweight tripod
- Smartphone tripod mount
- Remote shutter on small carabiner
- Microfiber cleaning cloth
- Rain cover, dry bag, or Ziploc
- Extra battery or power bank
- Short charging cable
- Extra camera card