Hiking Checklist

Created: 1/1/2012

# Tasks:

☐ **Preparation**

☐ **Break in your shoes**

*Hiking shoes feel different than regular shoes or sneakers. Wear them for a few days to accustom your feet so you don't get blisters.*

☐ **Practice carrying a load**

*Take a few walks with your backpack. Having a heavy load on your back takes getting used to.*

☐ **Warm up**

*Hiking is not like walking, it is far more demanding on your legs and back. Your calves and hamstrings need preparation for this vigorous exercise.*

☐ **Get experience**

*If you have never hiked before, you might come to regret taking on a long demanding trail, so start off easy. If you are planning on taking a walking stick with you, learn how to handle the stick to your benefit.*

☐ **Gear / Equipment**

☐ **Hiking shoes or boots**

*Without the right shoes your feet will suffer. It is best to select shoes with a thick sole for stability and comfort, and check for proper ankle support. Boots are best for mountain climbing or water crossings.*

☐ **Backpack**

*For a day-trip you will need a place to store essentials.*

☐ **Food and water**

*Hiking will made you hungry and thirsty. Be sure to pack some fruit, nuts, and energy bars.*

☐ **Walking stick**

*Not really necessary, but handy to have, if you know how to use it effectively.*

☐ **Rope**

*You never know when you may need it.*

☐ **Matches**

*If you end up needing a fire, you will need a way to start it. Store these in a waterproof case.*

☐ **Things to Pack**

☐ **Personal identification**

*It's always good to have ID on you with the name and phone number of a contact person.*

☐ **Sunscreen.**

*Regardless of the season, in the outdoor your skin needs protection*

☐ **Bug repellent.**

*If you wear short sleeves or shorts, you really need this item!*

☐ **Extra clothes and socks**

*An extra T-shirt and socks weigh nothing but can come in handy.*

☐ **First Aid**

*Scrapes and cuts are common in the outdoors.*

☐ **Communication**

*Take your cell phone with you. If anything were to happen, you can call for help.*

☐ **Camera**

*There will be lots to see during your hike. Preserve the memories.*

☐ **Map of the trail or surrounding areas**

*This can be invaluable in case you get lost.*

☐ **Compass**

*Sometimes you need a little extra direction.*

☐ **GPS**

*A navigational tool may be for sissies - but it could save your life.*

☐ **Safety Tips**

☐ **Respect your boundaries**

*If you get tired, take a break; you don't want to wear yourself out. It takes time to be an experienced hiker.*

☐ **Don't wander off the trail**

*Those trails are laid out for a reason. They are designed to keep you safe. Random hiking in the wilderness is for the experienced.*

☐ **Stay together**

*If you hike in company, stay with the group.*

☐ **Familiarize yourself with danger**

*Know which plants and bugs are poisonous.*

☐ **Know your enemy**

*Find out what wildlife might be in the area (rattlesnakes, bear, wild cats, elk or boar) and how to react appropriately.*