Standard Personal Packing List for a Day Hike

A day hike involves a meaningful hike without staying overnight or preparing elaborate meals. This list applies to what you would normally bring from home (unless instructed otherwise). You should be able to carry all of your gear in a medium or large day pack (on your back).

Eating:

- [ ] Water bottle with pop-lid
- [ ] Spare water
- [ ] Food
- [ ] Scroggin

Clothing:

- [ ] Windcheater
- [ ] Shorts
- [ ] Belt
- [ ] Sun hat
- [ ] Rain jacket
- [ ] Rain pants

Other:

- [ ] Plastic Bag (for rubbish)
- [ ] Personal 1st Aid Kit
- [ ] Medications
- [ ] Sunscreen
- [ ] Insect Repellent
- [ ] Sunglasses
- [ ] Toilet paper and plastic trowel
- [ ] Soap
- [ ] Notebook & pencil
- [ ] Map(s) & Compass
- [ ] Lightweight binoculars (optional)