

DAY-HIKING CHECKLIST

A day hike is a fun way to get some great exercise and have an outdoor adventure. Use this list with the Outdoor Essentials list to make sure you have all the gear you need to ensure a fun, safe and comfortable hike.

- Day pack
- Hiking footwear
- Water bottles/carriers
- Women's active apparel
- Men's active apparel
- Hiking poles/staff
- Trip itinerary left with family or friends
- Up-to-date weather forecast
- Insect repellent

Day pack It should be sized to fit you comfortably and hold enough food, water and gear for a full day of hiking. Day packs generally have a capacity of 1,000 to 2,500 cubic inches (16 to 41 liters).

Hiking footwear Make sure you are using boots that are appropriate for the terrain and designed specifically for hiking. Running shoes or sneakers will not provide the support your feet need when hiking in rough terrain.

Water bottles/carriers Refer to the Essentials list below for the amount of water you should carry. A day pack with a hydration bladder is also a good way to keep hydrated.

Warm, dry active apparel and socks This includes both insulating and waterproof layers. Wool and synthetic materials are best; cotton will not keep you warm when wet and dries slowly.

Hiking poles/staff Reduce strain on knees and provide added stability. Wrap duct tape around poles for quick access.

Trip itinerary Leave a copy with family or friends so they know where you're going and when to expect you back.

Weather forecast Check the forecast so you know what conditions to expect, then pack accordingly.

Insect repellent Biting bugs can turn a hike into a very uncomfortable experience, especially in the spring. If you think bugs will be an issue, be sure to pack some repellent.

OUTDOOR ESSENTIALS

Whether heading outdoors for a few hours or a few days, L.L.Bean strongly recommends having these essential items with you at all times:

- Water
- Food
- Map and compass/GPS
- Lighting (headlamp, flashlights, lanterns)
- Fire starter
- Sun protection – apparel
- Sun protection – lotion
- Sunglasses
- First aid kit
- Men’s warm clothing and rain gear
- Women’s warm clothing and rain gear
- Knife/multitool
- Cell phone
- Repair kit

Water Use these minimum guidelines to ensure you stay hydrated: one quart for a couple of hours, two quarts for four hours and four to six quarts for a daylong hike. Make sure you are well hydrated before your hike. Drink early and often. Bringing a water treatment system along to treat any water needed beyond two quarts will help save weight. All water found on the trail should be treated.

Food Next to staying hydrated, keeping “fueled” is crucial to safely enjoying your adventures. Regular small snacks keep your energy going throughout the day. Before heading out, eat foods that are rich in calories and that take a while to digest. On the trail, eat sports bars and gorp (“good old raisins and peanuts” & ndash often supplemented with chocolate) to provide quick energy throughout the day.

Map and compass/GPS Always carry a detailed topographic map of the area you are visiting. An updated trail guide or description will help you stay on the right trail. Your compass can be a simple dial style, although one with a base plate is quite helpful when using with the map. GPS units are helpful but you must know how to use your map and compass should the GPS fail. Always carry spare batteries for your GPS.

Lighting Always carry a headlamp on a hike in case you stay out longer than planned. Hiking in the dark without a light can be very dangerous. Always have spare batteries and a back-up light. For the campsite, it’s a good idea to have a lantern or flashlight.

Fire starter kit This is necessary for starting your stove to cook or in an emergency when starting a fire is critical to stay warm. Your kit should include waterproof matches with striker in a waterproof container and fire starter such as candles or steel strikers that work when wet and produce a high-temperature spark. A small amount of tinder kept in a waterproof container is also helpful. Dryer lint, wax-soaked cotton balls and wood shavings are three examples of good tinder.

Sun protection – apparel Sun-blocking apparel is a convenient way to protect yourself from the sun. It won’t wear off during the day like lotion. We offer a comprehensive assortment of sun blocking apparel, including hats, shirts and pants.

Sun protection – lotion Waterproof sunscreen is key. Apply before you head out and reapply a couple of times according to directions. SPF lip balm is also recommended.

Sunglasses Sunglasses and a brimmed hat will protect your eyes and help keep you comfortable.

First aid kit We offer several good first aid kits that pack small if you don't want to make your own. We recommend a supplemental blister kit with moleskin and blister-specific adhesive strips, as this is one of the more common outdoor issues. Also, make sure members of your group have all their required prescriptions.

Warm clothing and rain gear Pack the layers you would need to survive the night in the worst possible weather for the location and season. This may be as simple as a raincoat for a sudden summer thunderstorm to several layers and a waterproof jacket and pants for a winter adventure. All base layers should be synthetic or wool.

Knife/multitool From cutting off the end of an errant strap, to making a fuzz stick for fire starting, a knife has lots of uses on the trail. A multitool with small scissors, tweezers, screwdrivers, etc., solves even more problems.

Cell phone A fully charged cell phone can be a great way to get help in an emergency situation, but you may not have service in remote areas. Don't rely on a cell phone as a substitute for being prepared.

Repair kit Handy field repair items include duct tape, nylon repair tape, wire ties, safety pins and parachute cord. A needle and thread is also good to have for a quick fix. A space blanket or small section of poly can be used in a pinch for an emergency shelter.