



DAY HIKING NEEDS

- Day Pack (20-30 liters)
- Trekking Poles (optional)
- Hiking Guidebook

OUTERWEAR

- Footwear
- Hiking Boots or Shoes (Gore-Tex for all-conditions; non-Gore-Tex for dry, warm conditions)
- Superfeet (supportive insoles)
- Wool Socks
- Liner Socks
- Gaitors (optional)
- Top Layers
- T-Shirt (Synthetic or Cotton)
- Long Underwear (lightweight)
- Sun Shirt
(vented, SPF, short/longsleeve)
- Light or Medium Fleece or 'Puffy'
- Wind Layer (Lightweight Nylon)
- Rain Jacket
- Bottom Layers
- Nylon Shorts or Pants
- Long Underwear (lightweight)
- Wind Pants
- Rain Pants
- Handwear
- Fleece Gloves
- Rain/Shell Gloves
- Head Layers
- Sun Cap/Visor
- Warm Hat (Wool or Fleece)

SAFETY

- Map
- Compass
- GPS or "Spot" (optional)
- Whistle
- Knife
- Watch
- Headlamp & Batteries
- First Aid Kit (w/ Blister Kit)
- Emergency "Space" Blanket
- Water Purification
- Identification

PERSONAL

- Sunglasses w/ Strap
- Sunscreen
- Lip Balm
- Insect Repellent

FOOD & WATER

- Camelback or Water Bottles (2L)
- Snacks (fats & sugars)
- Lunch (protein & carbs)
- Emergency Snacks (Gu, Nuun, etc.)

RECOMMENDED READING

- 60 Hikes Within 60 Miles of Portland, by Paul Gerald
- Oregon Best Wildflower Hikes, by George Wuerthner
- Backpacker Leave No Trace, by Annette McGivney

MISCELLANEOUS

- Camera & Waterproof Case
- Cell Phone & Waterproof Case
- Binoculars
- Journal & Pencil
- Nature Guidebooks
- Hand Sanitizer
- Trash Bag
(small recycled plastic bag)
- Small Stuff Sack (waterproof)
- Ultra-Lightweight Stove & Fuel
(optional)