

Mr. Dubler's Day Hike Checklist

For day hikes in alpine and sub-alpine terrain, like 14ers

Everyone wears this at start of hike

- Hiking boots
- Socks, non-cotton
- Pants, non-cotton
- Shorts, non-cotton
- Shirt, non-cotton
- Hat

Everyone brings these items in a pack

- Extra socks, non-cotton
- Fleece jacket
- Windbreaker or shell jacket
- Rain gear
- Light gloves
- Stocking cap
- Water
- Food
- Headlamp
- Phone
- Phone cold protection
- Trekking poles (optional)
- Knife
- Bandana

Everyone brings in car for after hike

- Fresh socks and shoes (or sandals)
- Fresh shirt

Split or share amongst the group*

- Battery-based phone charger
- Phone charger chord
- Water purification
- Map
- First aid kit, including Advil
- Allergy meds (Benadryl, epi pen)
- Survival kit (see separate page)
- Sunscreen
- Bug spray
- Extra shoelaces
- Tiny roll of duct tape
- Toilet paper
- Toilet spade
- 2 car keys, in separate packs
- SPOT or PLB/Satcom device
- SPOT extra batteries
- Summit sign for pictures
- Plan sent to emergency contact

In the car for the group

- Extra water
- Extra food
- Dramamine
- Advil
- Wet wipes
- Moth balls (rodent deterrence at high altitude parking: one bag under front bumper of vehicle, one under center, one under rear bumper)

*This means the group CANNOT split up. If you think the group will split up, then you MUST have all of these items in each group.