



# The Calgary Weekend Hikers Hiking Checklist for Day Hikes

*Before you leave: Like any out of town trip, please let someone know where you are headed for the day.*

## **Must Have Gear**

- Day pack or Fanny pack
- Water (no less than 1 litre; increase for hot weather, longer days and increased difficulty)
- Headlamp or Flashlight
- Food (most hikes require a lunch and snacks)
- Matches/ Lighter
- First-aid kit – each hiker must have own first aid kit (incl. mini-scissors, moleskin & band-aides)
- Sunscreen
- Hand sanitizer
- Whistle
- Lip Balm (with sun protection – SPF18)
- Orange Garbage Bag(s) (raingear in a pinch; shelter/warmth; emergency flag)
- Toilet paper (biodegradable preferred)
- Sit-upons (foam, blow-up pillow)
- Back-up snack/ hard candies/ energy bars
- Duct tape (wrap it around a pen)

## **Footwear**

- Boots adequate for terrain
- Hiking socks

## **Clothing (recommended Year round)**

- Convertible quick drying pants/shorts (cotton not recommended)
- Fleece/ down jacket for warmth
- Long-sleeved shirt (cotton not recommended)
- Hooded rain jacket
- Gloves / Mitts, Warm hat/ toque (for wind and cold at higher elevations)

*Wearing bright colors (red, yellow, orange) makes you more visible to the rest of the group or to searchers if you become lost.*

## **Optional Gear**

### **Clothing**

- Rain pant
- Change of shirt (base layer)
- Extra laces
- Gaiters (April, May and October)
- Long underwear (wicking – April, May and October)
- Wide-brimmed sun hat
- Yak Traks/ Icers (April, May and October)



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## Accessories

- Key & I.D.
- Map
- Money
- Nylon cord
- Insect repellent
- Sunglasses
- Resealable plastic bags
- Hiking Poles
- Extra laces
- Light runners or sandals for stream crossings
- Repair/sewing kit
- Pencil and paper
- Pack cover
- Bandana
- Watch

## Gadgets & Extras

- Cellphone/ Satellite phone/ emergency beacon
- Camera and film
- Bear Repellant (pepper spray or bear banger) – no replacement for common sense
- Binoculars
- Backup Fire Starter
- Hand/ feet warm-ups
- Folding knife or multi-tool
- GPS/ compass
- Licenses/ Permits
- Water filter
- Water-purification tablets
- Water bottle(s)
- Field guides
- Hiking Books

## Leave in the Car

- Change of shoes out of hiking boots
- Change of clothes (so you don't have to drive home in wet clothes)
- Plastic bag to put wet/ muddy boots into
- Extra water bottle or warm thermos for drive home,
- Small snack for drive home

I hope this Hiking checklist helps make your trip more fun and less stressful. For further details, please reference the Calgary Weekend Hikers – Member Guidelines.