



HIKING GEAR CHECKLIST



GEAR

☐	Hiking shoes (boots or trail runners)
☐	Car shoes (sandal or comfy shoes)
☐	Backpack
☐	Sunscreen
☐	Bug Spray
☐	Bear Spray
☐	Sunglasses
☐	Optional: Satellite phone
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CLOTHING

☐	Good (long) socks
☐	Pants or shorts (not denim)
☐	T-shirt
☐	Fleece or sweater
☐	Rain jacket
☐	Sunhat (summer hiking)
☐	Toque and mitts (winter hiking)
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FOOD

☐	2 litres of water (minimum)
☐	Lunch
☐	4 snacks (energy bars, trail mix, etc.)
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KNOWLEDGE

☐	Weather forecast
☐	Sunrise/sunset times
☐	Trail map
☐	Trail report (check for advisories)
☐	Read recent hikers' experiences
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