

## **Day Trip Checklist**

General supplies for outdoor trip:

- Water - LOTS of it! – Have available 1 GALLON **minimum** – 2 quarts minimum to hike with & leave 2 quarts in vehicle to “tank up” with before and after the hike
- Lunch & Snacks
- Sunglasses
- Sunblock
- Toilet Tissue and plastic Ziploc bags for toilet tissue removal from the backcountry & disposal when you get to a trash can
- Medications, if needed
- **Hiking shoes or boots (no sandals)**
- Extra socks, if needed

Clothing – modify for the season

- Sunshade / Hat
- Warm Hat & Gloves
- Warm Jacket
- Rain Gear

Optional

- Camera
- Binoculars
- Walking stick

## **Checklist for Two (2) or more days with Lodging**

### **Day Trip List PLUS**

- Food as needed for each day
- Extra clothing
- Personal Hygiene Items
- Extra medications, if needed

## **Checklist for Two (2) or more days Vehicle Camping**

### **Day Trip List PLUS**

- Cooler (with Food as needed for each day)
- Pots/Pans
- Stove & Matches
- Extra clothing
- Day Pack
- Sleeping Bag & Pad
- Ground Cloth /Tent
- Flashlight
- Personal Hygiene Items
- Extra medications, if needed