

DAY-TRIP EQUIPMENT LIST

Clothes

- _ lite boots or sturdy tennies
- ___ long pants recommended (hiking shorts OK for some trips)
- ___ T-shirt
- ___ lite long sleeve shirt
- ___ brimmed hat
- ___ bandana
- ___ work gloves (?)
- ___ * windbreaker or wool shirt (for outer layer; in pack)

Equipment

- ___ * first aid kit (should include: moleskin, bandaids, gauze, tape, ace wrap, aspirin, antihistimine, antiseptic, personal meds)
- ___ * matches (emergency)
- ___ * pocket knife
- ___ * sunglasses
- ___ whistle (plastic)
- ___ sunscreen & chapstick
- ___ water bottle (w/water)
- ___ water bottle belt pouch
- ___ notebook & pen
- ___ binoculars 8x
- ___ camera
- ___ plastic bags (lawn/leaf)
- ___ TP (in Ziplock bag)
- ___ field guides
- ___ * lunch (+ trail snacks)
- ___ fanny or day pack

General Notes

1. A well prepared pack should have the **TEN ESSENTIALS**:
map, compass, firestarter, flashlight + starred items above.
2. Check the weather conditions and confirm trip plans.
3. Leave the trip information (location, eta, etc.) with a reliable friend or relative.
4. Drivers: be sure your vehicle is prepared for the trip.