



# 10 Essentials for Outdoor Activities Checklist

## Navigation

- Map
- Compass
- GPS
- Altimeter

## Sun protection

- Sunglasses with 100% UV protection
- Sunscreen & lip balm
- Hat with brim or bill
- Clothing with UPF 30 or higher

## Insulation

- The 3 W's of layering:
  - Wicking – synthetic or wool base layers & socks
  - Warmth – insulating layer like wool, fleece, down, synthetics
  - Wind/weather – waterproof shell, poncho, or rain suit
- Prepare for coldest possible conditions during current season
- AVOID COTTON

## Illumination

- Headlamp/flashlight
- Extra batteries

## First aid supplies

- First aid kit (check expiration dates), small & outdoor-specific
- Personal medications (enough to last 1 extra day for emergency)
- Backup glasses/contacts
- Bug spray (in season)
- Small bottle of hand sanitizer
- Moleskin for blister treatment/prevention

## Fire

- Carry 2 types in case 1 fails
- Butane lighter
- Strike-anywhere matches in waterproof container
- Tinder
- Flint & steel or ferro rod (practice at home first!)

## Repair kit & tools

- Knives (2 recommended)
- Multi-tool
- Trowel/shovel
- Small amount of duct tape wrapped around water bottle or trekker poles
- Cable/zip ties
- Any gear-specific wrenches/tools

## Nutrition

- Pack enough to last 1 extra day for emergency
- Preferably no-cook, ready-to-eat items with good nutritional value like trail mix, nuts, jerky, granola bars, fruit

## Hydration

- Water bottle/reservoir
- Water filtration system
- Know where water sources are along the way, pack extra water if there are no water sources
- 1 gal. per adult per day is a good rule of thumb (1 gal. of water = over 8 lbs.)
- Prepare for 1 extra day for emergency

## Emergency shelter

- Tarp, tube tent, heavy-duty trash bags
- Bivy sack or space blanket

## Consider:

- Does someone know where I am & when I'm expected to return?
- Signal device – whistle & small mirror/reflector, flare, laser pointer