

Day Hike Pack List Essentials and Non-essentials

Good pair of hiking shoes (preferably high-tops w/ good treads)
Day pack
Water 2-4 bottles (Min of 2 - 16oz)
Food list
m.r.e. military meals ready to eat that you can pick up at any military resource store (day hikes only)
Sandwiches, granola bars, chips, cheese and crackers, Pouches of tuna (not canned), crackers, Little Debbie snacks. Trail mix. Dehydrated fruit snacks
Anything that will not spoil or need to be cooked.
Stay away from canned goods
Any thing you pack in you must pack out.
Ziploc bags to pack out your trash
Lightweight poncho (Wal-Mart and academy has these for \$0.99)
Compass
Map (we will supply this)
Grid reader (we will supply this)
Flashlight small lightweight
Insect repellent
Toilet paper
Lighter or water proof matches
First aid kit (ie: band-aids ointment alcohol wipes)
Pocket knife
Purell
Napkins
2-way radio
GPS
Chap stick
Sunscreen

This is all getting you prepared for a “real” backpacking trip.