



The Ultimate

HIKING PREPARATIONS CHECKLIST

1 STEP ONE: GET IN GEAR

Before planning your next outing, take some time to assess your gear and perhaps do some shopping to fill in the gaps. If your hiking getup is ready to go when you are, you'll be less likely to "make do."

MUST HAVES FOR ANY DAY HIKE

- Hiking poles
- Good socks
- Sturdy shoes
- Orthotic insoles
- Lightweight backpack with chest and waist strap
- Water bottle or bladder for backpack
- Good sun hat
- Comfortable clothes suited to the weather and conditions
- GPS device
- Multi-tool or pocketknife
- First aid kit

NICE TO HAVES

- Solar cell phone charger
- Mini satellite communicator or satellite phone
- Compass
- Water filtering straws
- Small flashlight or headlamp
- Small lighter
- Whistle

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2 STEP TWO: PREP YOUR GEAR

A packed and ready hiking backpack is convenient and cuts down on the chance of forgetting something essential.

PACK ESSENTIALS

- Waterproof first aid kit including your regular medications
- Emergency contact and insurance info.
- Wet wipes
- Water (filtering straws if you have them)
- Snacks for the trail
- Hat, sunscreen
- Insect repellent
- Printout of the trail and area
- Light-weight solar tarp or plastic poncho
- Plastic bags
- Nice to haves



3 STEP THREE: RIGHT BEFORE YOU GO

Make sure you prep and check these items the night before, so you can hit the trail early without stress.

FINAL STEPS

- Download your route on your phone.
- Double check pack and gear. Make sure everything you need is there and in good condition.
- Fill your water bottles.
- Check terrain and local weather conditions.
- Read reviews of the hike and get as much information about what to expect as possible.
- Let someone know where you'll be and when you plan to return. Give as close to the exact coordinates as possible.
- Remember to let them know when you've returned home.



Visit [FAR.com/blog](https://www.far.com/blog) to read "Safety Tips for Senior Hikers."