Hikinginc.com Equipment Checklist for Day hike

Done?	No. on Hiking Inc.	Packing	Weight in Oz.	Notes
	----------	**Items**		
	4	Headlamp		
	5	Water Bottle (1 minimum)		
	6	Water Filter		
	7	Lighter		
	8	Trecking Poles		
	12	Backpack		
	----------	**Navigation**		
	13	Travel maps		
	14	Compass		
	15	GPS (optional)		
	----------	**Accessories / Comforts**		
	17	Lip balm		
	19	First aid Kit (which includes remedies: headache, indigestion, diarrhea, mole skin)		
	20	Insect repellent		
	21	Towelettes		
	22	sunglasses		
	----------	**Clothing-** Avoid Cotton Clothing, try to find wole or synthetic		
	23	2x sets socks		
	24	1x Tee shirt (no cotton)		
	25	1x shorts/Pants (dependent on temp)		
	27	1x sun hat		
	28	Hiking boots		
	29	1x Jacket (optional)		
	----------	**Misc.**		
		Driver's license		
		Health insurance card		
		Credit card		
		Cell phone		
		Prescription medications		
		Sunscreen		
		3 feet of duct tape		
		Toilet Paper		