

Day Hiking in the Mountains

Checklist

First Aid kit (blister kit also useful)	
Bug spray	
Bear spray (very important, don't leave without it!)	
Sunscreen	
Water (enough based on the length of the trip) Camelbaks are great!	
Light day pack	
Good hiking shoes, something with good ankle support and tread	
Gaiters	
Extra socks (should be relatively thick, cotton not advised, go for wool)	
Rain jacket	
Weather proof pants	
Baselayer top and bottom (depending on the weather)	
Hiking poles	
Map (waterproof maps are available and I highly recommend them)	
Whistle	
Hat	
Sunglasses	
Some type of time-keeping device	
Binoculars	
Camera (make sure your batteries are charged ahead of time)	
Food (high energy bars, hard fruits, carbs, chocolate, anything to keep you going and nothing too fragrant)	
A ziplock bag to pack out any garbage you create	

Additionally I sometimes pack my Swiss knife, painkillers, a flashlight, notebook and matches if the destination is a little out of the ordinary or I'm going alone.

In terms of clothing, I always go with the old adage, prepare for anything and everything. The mountains are extremely unpredictable. It might be hot and sunny one moment and the next snowing and wet.

I usually go with a thin baselayer on the top and bottom, water resistant pants (or water proof if it's already raining), a t-shirt, fleece, jacket. Bringing an extra pair of socks is more essential than you might think. If you have the option, always go for merino wool.