Day hike checklist for beginners

PRINT • CHECK • REVIEW

https://readyresourceful.com/outdoor/day-hike-checklist-beginners/

- [ ] Choose a route suitable for the whole group.
- [ ] Check current access, conditions and relevant rules.
- [ ] Share the route and return arrangement with a trusted contact.
- [ ] Name and inspect actual equipment for the Ten Essentials systems.
- [ ] Verify navigation references and suitable backups.
- [ ] Plan food, water, clothing and lighting for the specific outing.
- [ ] Change the plan when conditions exceed preparation.
- [ ] Check in after returning and replenish supplies.

Official reference: https://www.nps.gov/articles/10essentials.htm

Read the complete guide and current official instructions. This checklist is not a guarantee of safety.

MY NEXT ACTION

Task / person responsible: _____

Review date: _____ Completed date: _____