

# YOPKI.COM

## Hiking Trip Checklist

Free download from [yopki.com/templates](https://yopki.com/templates)

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### The Ten Essentials (never hike without these)

- Navigation (map + compass + GPS/phone with offline maps)
- Sun protection (sunscreen SPF 50 + sunglasses + hat)
- Insulation (extra warm layer beyond what you think you need)
- Illumination (headlamp + extra batteries)
- First aid kit
- Fire (lighter + waterproof matches)
- Repair tools (knife + duct tape + cord)
- Nutrition (extra food beyond planned meals)
- Hydration (water + filter/purification)
- Emergency shelter (emergency bivy or space blanket)

### Clothing

- Hiking boots (broken in!)
- Moisture-wicking base layer
- Hiking pants/shorts
- Rain jacket (packable)
- Warm mid-layer
- Wool hiking socks
- Extra socks
- Hat
- Gloves (shoulder season)

### Gear

- Backpack (day pack 20-35L)
- Trekking poles
- Water bottles/hydration bladder
- Pack cover or dry bag

### Food & Water

- Trail snacks (nuts, bars, dried fruit)
- Trail lunch
- Electrolyte mix
- Water purification

## Safety

- Whistle
- Bear spray (if in bear country)
- ID + insurance card
- Phone + charger
- Permits (if required)
- Trip plan shared with someone at home