

## Hiking Club at CU • Day Hiking List

This list is intended for for single-day hikes with no overnight camping.  
Gear required is dependent on the length, intensity, and conditions of the hike.

CLOTHING	TOILETRIES	GEAR	SLEEP
<ul style="list-style-type: none"> <li>• Long pants</li> <li>• Shorts (or zip-off pants)</li> <li>• Short-sleeved shirt</li> <li>• Long-sleeved shirt</li> <li>• Lightweight sun hoodie</li> <li>• Down jacket</li> <li>• Rain jacket</li> <li>• Hiking socks</li> <li>• Hiking boots</li> <li>• Sun hat</li> <li>• Warm beanie</li> <li>• Warm gloves</li> <li>• Face mask (cold / wind)</li> <li>• Multiple layers</li> </ul>	<ul style="list-style-type: none"> <li>• Sunscreen</li> <li>• Lip balm</li> <li>• Toilet paper</li> <li>• Trowel</li> <li>• WAG bag</li> <li>• Hand sanitizer</li> </ul>	<ul style="list-style-type: none"> <li>• Daypack + rain cover</li> <li>• Water bottle / reservoir</li> <li>• Water filter (if long)</li> <li>• Headlamp + batteries</li> <li>• Sunglasses</li> <li>• Phone</li> <li>• Maps</li> <li>• Paracord</li> <li>• Duct tape</li> <li>• Compass</li> <li>• Carabiners</li> <li>• Pocket knife / multi-tool</li> </ul>	<ul style="list-style-type: none"> <li>• N/A</li> </ul>
COOKING	FOOD	FIRST AID	MISC.
<ul style="list-style-type: none"> <li>• N/A</li> </ul>	<ul style="list-style-type: none"> <li>• Sandwich</li> <li>• Trail mix</li> <li>• Jerky</li> <li>• Dried fruit</li> <li>• Granola / energy bars</li> <li>• Other snacks</li> </ul>	<ul style="list-style-type: none"> <li>• Moleskin</li> <li>• Insect repellent</li> <li>• Anti-itch ointment</li> <li>• Antiseptic wipes</li> <li>• Liquid bandage</li> <li>• Antihistamines</li> <li>• Acetaminophen (Tylenol)</li> <li>• Loperamide (Imodium)</li> <li>• Ibuprofen (Advil)</li> <li>• Pepto Bismol</li> <li>• Electrolyte tablets</li> <li>• SAM splint</li> <li>• Assorted bandages</li> <li>• Pressure bandage</li> <li>• Medical tape</li> <li>• Clotting gauze</li> <li>• Emergency Blanket</li> <li>• Tourniquet</li> </ul>	<ul style="list-style-type: none"> <li>• Wilderness permit</li> <li>• GPS device (if long)</li> </ul>

## Day Hiking Tips

- Wear quick-dry clothing. Fabrics like cotton take much longer to dry out when wet. This applies to rain and sweat.
- You probably won't need toiletries for a day hike, but some can be nice for long hikes. When using a trowel to dispose of waste, dig a hole at least 6 inches deep and make sure to cover it back up.
- Reapply sunscreen throughout the day to avoid burning, especially at high elevations where the atmosphere is thinner and provides less sun protection.
- If you are expecting significant rain, do not wear waterproof boots. They will eventually get soaked, but will be nearly impossible to dry out. Instead, opt for ventilated boots or trail runners. Waterproof boots are better for mud, shallow water, and light rain.
- Pack multiple layers of clothing, rather than a few large options. Hiking heats you up, but wind and elevation cools you down, so be prepared to take layers on and off as you go.
- Bring lots of water, especially when it's hot out. Water filters are recommended for long hikes so you can refill at streams or lakes.
- Pack high-calorie food. Proper nutrition is important while hiking because you will be expending much more energy than normal.
- We suggest getting a pre-packaged first aid kit and adding whatever items from our list are not included. These kits give you a good start, and help keep everything organized.
- Check the weather before hiking, and start early to avoid afternoon rain and lightning.