

My day-hike checklist

A day on foot - adapt to your route and the conditions

Walking

- ☐ Tested footwear suited to the ground
- ☐ Comfortable socks
- ☐ Backpack fitted and tested with its load

Food and water

- ☐ Water and confirmed refill arrangements
- ☐ Familiar meal and snacks
- ☐ Reserve for a possible delay

Weather protection

- ☐ Accessible warm layer
- ☐ Rain protection
- ☐ Hat, sunglasses and sun protection

Before leaving the trailhead

- ☐ Access and weather checked
- ☐ Route left with someone reliable

Navigation

- ☐ Offline map and suitable backup
- ☐ Charged phone and compatible cable
- ☐ Light with a checked power supply

Unexpected delays

- ☐ First-aid kit and personal medication
- ☐ Protection for an unexpected wait
- ☐ Equipment understood and in good condition

Respecting the place

- ☐ Bag for carrying rubbish out
- ☐ Local permissions and rules checked
- ☐ Suitable equipment; no unauthorised fire

- ☐ Return and turnaround time planned
- ☐ Useful contacts saved offline

My route / my starting point:

A preparation aid, not a safety guarantee. Does not cover technical outings, snow or ice. Adapt to the ground, group and local instructions.