

GEARJUNKIE

First-Time Hikers Checklist

Prepare

- ☐ Gather resources for hiking trails (apps, website, rangers)
- ☐ Know how to read maps
- ☐ Check weather conditions
- ☐ Consider driving time
- ☐ What type of trail is it? (in/out, loop)
- ☐ Ensure adequate hydration
- ☐ Hike with a partner

Start Small

- ☐ Start with shorter trails (how to pick a trail)
- ☐ Consider elevation gains/losses
- ☐ Consider time on the trail with breaks
- ☐ Set a pace

Pack the Essentials

- ☐ Navigation (map, altimeter, compass)
- ☐ Headlamp (plus extra batteries)
- ☐ Sun protection
- ☐ First-aid kit
- ☐ Knife (or a multitool)
- ☐ Matches/Firestarter
- ☐ Shelter
- ☐ Extra food
- ☐ Extra water
- ☐ Extra clothes

Hiking Etiquette & Safety

- ☐ Follow Leave No Trace principles
- ☐ Follow trail etiquette
- ☐ Bring/Know how to use bear spray
- ☐ Consider wildlife
- ☐ Stay on trail