



Allegheny **Outfitters** Hiking Checklist

Required Gear

- Day pack or fanny pack
- Supportive footwear designed for the length and terrain of your hike
- Extra socks
- Pile jacket or pullover
- Rain / wind shells (jacket and pants)
- Wool or fleece hat
- Extra clothing / layers (polypropylene)
- Gloves
- Water: full canteen(s), water bottle(s) or hydration pack
- Extra food: high energy snacks
- Map and/or guidebook
- Compass (with the knowledge how to use it)
- Emergency Space Blanket (smaller than a wallet)
- Waterproof matches / fire starters
- Pocket knife
- Flashlight or headlamp with new batteries
- Whistle (in case you got lost)
- Watch
- First aid kit (see below)
- Medications
- Moleskin (for blisters)
- Insect repellent
- Sun protection (sunglasses, sunscreen, lip balm)
- Baseball style hat / Wide-brimmed hat (to protect from sun)
- A handful of zip seal plastic bags
- Napkins
- Toilet paper (in a plastic bag)
- Money / ID

Suggested / Optional Gear

- Hiking stick/poles
- Knee Support
- Bandana
- Notebook with pencil
- Camera (film) / video (fully charged battery)
- Binoculars
- Cell phone (though likely you won't have coverage)
- Feminine products
- Water Filter / Iodine Water Treatment Tablets

Basic First Aid Kit

Some examples of items for your First Aid kit are listed below. Customize your kit according to your personal needs. Be sure you are familiar with everything in your kit and remember to keep items replenished. Be sure to keep your kit in a waterproof container. Finally, we strongly recommend that you take a First Aid class and a CPR class, and make sure that you keep current on these skills.

- Personal medications
- Roll bandages
- Triangular bandages
- Ace bandages
- Butterfly bandages
- Sterile compresses
- Adhesive tape
- Sterile gauze pads
- Antiseptic wipes
- Miscellaneous band aids
- Tweezers
- Safety pins
- Scissors
- Thermometer
- Latex gloves
- Tissues
- Plastic Bags
- Small mirror
- Antibacterial soap / wipes
- Eye drops
- Burn ointment
- Sunburn lotion
- Disinfectant cream
- Decongestant and antihistamine tablets
- Anti-acids
- Antibiotic cream
- Aspirin / ibuprofen
- Hydrogen peroxide
- Diarrhea medication
- Hydrocortisone cream
- Poison Ivy cream / cleansers
- Bee sting kit
- Snake bite kit
- Heat / cold packs
- Personal information / contact person
- First aid manual