



Below is a list of items needed for a day hike. This is not exhaustive rather it's based on my experiences in the woods.

Essential Items

- Daypack 20-35 liter (depending on how much you want to bring)
- Headlamp -Just in case
- Hiking Boots
- Water Bottle or Reservoir
- Food-Snacks
- Clothing-Layers and moisture wicking (Cotton is not good on the trail)
- Jacket/Sweatshirt for cooler weather
- Rain gear if needed (its the PNW its often appropriate)
- Knife or Multi-purpose tool
- Lighter or Matches

Optional Items (* Highly Recommended)

- *Sunscreen+Lip Balm/Sunglasses
- *Bug Spray
- *Hat
- *First aid (I carry one too)
- *Toilet Paper/Wipes
- *Water filtration-If you'll be out for a full day
- Trekking Poles
- Chair or stool-For lunch or breaks
- Bear spray-I carry too

Clothing Notes

During the Summer months-Daytime highs should be in the 70–80° range and spring and fall down around 50°. Layers are your best friend.

- Quick-dry / moisture-wicking fabrics are ideal (avoid cotton).
- Convertible pants work great for ticks and temperature changes.
- Bring a warmer layer (sweatshirt or puffy jacket) for cooler/breezy times.
- Wool or synthetic socks are a must — cotton causes blisters.

Shoes

Make sure your hiking boots/shoes are broken in and in good condition. Blisters suck! Late July usually means drier conditions, but it's still the PNW — waterproof shoes or sandals for camp are smart.

Food Notes

- Snacks — Granola bars, Kind/Clif bars, jerky, nuts, dried fruit, and electrolyte Packets for hot days (like Liquid IV).-Bring enough to keep your energy up.