



OUTDOORCOMPASS.NET

PRINTABLE CHECKLIST

FIRST HIKE CHECKLIST



BEFORE YOU LEAVE

- ☐  Weather checked (same day)
- ☐  Route and return time shared with someone
- ☐  Sunset time checked, start time planned accordingly
- ☐  Phone charged, offline map downloaded



GEAR

- | | |
|--|---|
| ☐  Appropriate footwear | ☐  Layered clothing |
| ☐  Backpack | ☐  Navigation (map/app) |
| ☐  Water (0.5L per hour as a baseline) | ☐  Basic first aid kit |
| ☐  Snacks/food | ☐  Sunscreen, sunglasses, hat |



AT THE TRAILHEAD

- ☐  Route confirmed
- ☐  Starting point noted
- ☐  Self-check done (fit to hike today)



DURING THE HIKE

- ☐  Turnaround time set and followed
- ☐  Staying on marked trail
- ☐  Drinking water on a schedule

PLAN AHEAD • HIKE SAFE • ENJOY NATURE