

Hiking Supplies Checklist

A practical packing guide for day hikes and canyon trips, with flash flood season in mind

Water and Hydration

- At least one liter of water per two hours of hiking, more in hot or dry conditions
- A water filter or purification tablets as a backup
- Electrolyte packets or tablets

Navigation

- Paper map of the trail area
- Compass
- Fully charged phone with offline maps downloaded
- Satellite messenger or personal locator beacon for remote or canyon terrain

Weather and Flood Safety

- Checked forecast for the entire watershed above your route, not just your immediate location
- Lightweight rain jacket
- Plan for reaching higher ground quickly if water begins rising or turns muddy
- Awareness that a distant rumble, muddier water, or falling debris means move now

Food and Emergency Supplies

- High energy snacks such as trail mix, jerky, or energy bars
- A few extra meals or bars beyond what you expect to need
- Small first aid kit with blister care, bandages, and any personal medication
- Emergency whistle
- Space blanket or emergency bivy

Clothing and Sun Protection

- Moisture wicking layers appropriate for temperature swings
- Sturdy, broken in hiking boots or shoes
- Wide brim hat
- Sunglasses
- Sunscreen and lip balm with SPF

Tools and Extras

- Headlamp or flashlight with extra batteries
- Multi tool or small knife
- Fire starter kept dry in a sealed bag

- Small roll of duct tape
- Trash bag for packing out waste

Before You Go

- Tell someone your route and expected return time
- Check current trail and weather alerts for the park or area
- Confirm cell service expectations for your route, since coverage is unreliable in many canyon and backcountry areas

A little preparation goes a long way. Pack thoughtfully, watch the weather, and always choose higher ground first if water starts to rise.

As always, may God bless this world, Linda