



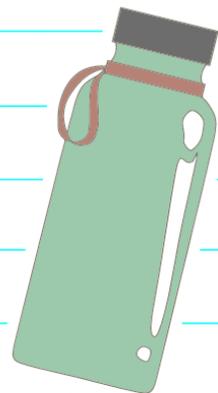
TRAIL RUNNING CHECKLIST

0-3 hours

- Cell phone
- GPS (with altimeter) and/or compass & map
- Water bottle or reservoir (may not be necessary on shorter runs, but plan for ~.5-IL/hr after 60-90min on the trail)
- Performance chews/drink mixes (electrolytes and energy)
- First-Aid kit basics
- Moleskin/tape/bandage/butterfly
- Antiseptic wipes/antibiotic ointment
- Safety pin/tweezers
- Misc... gauze, ibuprofen, anti-chafing cream, whistle, sunscreen, bugspray, emergency contact/allergies/medications info

Extra clothing considerations

- Hat
- Buff
- Sunglasses
- Running jacket/long sleeves



DAY HIKING

3-12+ hours

Same as list above +

- Extra water ~I+L/hr
- Water filtration/sanitization system
(for longer (6+hr) hikes)
- Fire starter (waterproof lighter/matches, dry tinder)
- Headlamp (fresh batteries???)
- Knife/multitool
- Emergency bivy/blanket
- Extra food (plan for an extra ~1 day's worth)
- Extra clothing (assume you'll get wet/cold)... at least bring a shell and some extra
- Medications (Aspirin, Ibuprofen, Antacid, Allergy relief)



BACKPACKING

I+ overnight

Same as both lists above +

- Paracord
- Duct tape strips
- Tent
- Sleeping bag and sleeping pad
- Camp stove and fuel
- Cookware (minimally a pot to boil water, utensils)
- Bear can/sack (check local regulations)
- Toiletries
- Biodegradable castile soap
- Toothbrush and paste
- Hand sanitizer
- Prescription meds
- Toilet paper and sealable plastic bag
(to pack out!)
- Menstrual products

