

## Day Hiker's Checklist

Before you hit the trail this year, take the time to make sure you've included the following items for a safer, more enjoyable trip.

The following list is designed to help equip hikers who are just starting out. You will probably develop your own mental checklist as you gain experience.



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| <input type="checkbox"/> Supportive footwear designed for the length of your hike and expected terrain | <input type="checkbox"/> Insect repellent                       |
| <input type="checkbox"/> Spare socks (optional, but nice to change into at lunchtime)                  | <input type="checkbox"/> First aid kit                          |
| <input type="checkbox"/> Jacket or pullover  | <input type="checkbox"/> Sun protection (sunglasses, sunscreen) |
| <input type="checkbox"/> Rain/wind shells (jacket and pants)   | <input type="checkbox"/> Toilet tissue                          |
| <input type="checkbox"/> Wool hat  | <input type="checkbox"/> Notebook with pencil                   |
| <input type="checkbox"/> Bandanna (optional)   | <input type="checkbox"/> Whistle                                |
| <input type="checkbox"/> Map and/or guidebook  | <input type="checkbox"/> Well-designed day pack                 |
| <input type="checkbox"/> Compass   | <input type="checkbox"/> Moleskin                               |
| <input type="checkbox"/> Full canteen(s) or water bottle(s)  | <input type="checkbox"/> Money                                  |
| <input type="checkbox"/> Knife   | <input type="checkbox"/> Handful of zip-seal plastic bags       |
| <input type="checkbox"/> Flashlight or headlamp with new batteries                                     | <input type="checkbox"/> Camera and film (optional)             |
| <input type="checkbox"/> Waterproof matches  | <input type="checkbox"/> Binoculars (optional)                  |

  
Day Hiking Tips

- Carrying your clothing and food in different colored stuff sacks keeps your pack organized and helps you find gear easily.
  - Always carry plenty of water. Two quarts per person per day is a good rule of thumb. Warmer conditions and/or rugged terrain may require carrying more. Drink often to stay well hydrated.
  - Fill your canteens before you leave. Backcountry water sources are often unpredictable.
  - Carry more food than you think you will need. It is better to bring extra snacks home with you than to go hungry.
- Practice minimum impact camping. Carry out whatever you pack in so others can enjoy the surroundings. If you can, help pick up what previous visitors may have left behind.
  - When you choose a hike, consider the ability levels of all members of your party.
  - Hike only as fast as the slowest member of your group.
  - Acquaint yourself with the area and specific trail(s) you plan to hike so you can set a reasonable timetable. Many guidebooks include estimated timetables for trips.
  - Start off slow to avoid excess fatigue part way through your hike.
  - Make sure your vehicle is in good running order and your gas tank is topped off.
  - Leave your itinerary with someone you trust.

“Day Hiker’s Checklist” from *LL Bean Canoeing Handbook* by Allan B. Swenson. Copyright © 2000, reprinted by permission of The Lyons Press/Globe Pequot Press.

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| 1. What is the <i>main</i> purpose of this selection? | 2. Which of these should every day hiker have? |
| A to list facts relevant to taking a day hike         | A a canteen                                    |
| B to prepare a person to have a good day hike         | B spare socks                                  |
| C to tell a person how to make a day hike             | C a watch                                      |
| D to tell a person how to complete a day hike quickly | D a camera                                     |

3. What does the section on "Clothing" suggest will **most** affect choice of shoes for a day hike?
- A the place the hike will occur
  - B the weather for that day
  - C the planned speed of the hike
  - D the other members of the party
4. What do many of the items on the checklist have in common?
- A They focus on the potential opportunities for viewing wildlife and other interesting things.
  - B They focus on making sure the hiker is on a trail that is at the appropriate difficulty level.
  - C They help make sure the hiker does not disturb the environment.
  - D They help make sure the hiker is comfortable while hiking.
5. What is the **most likely** reason the selection advises people to "consider the ability levels of all members of your party" when planning a hike?
- A so the hike to the destination will take as little time as possible
  - B so the hike will allow plenty of time to look at flowers and animals
  - C so the hikers will be able to get a lot of exercise on the trail
  - D so the hikers will determine if the hike is suited for all participants
6. What is the **main** reason the selection suggests hikers be familiar with the trails they hope to hike before starting?
- A so they know what the weather will be like
  - B so they will know where to find water
  - C so they know how long their hike should take
  - D so they do not get lost following a map

7. Which can **most reasonably** be inferred from "Day Hiking Tips"?
- A Hikers should only hike with more experienced day hikers.
  - B Hikers should test their physical limits when they go on a day hike.
  - C Hikers should not burden themselves with a lot of weight on a long day hike.
  - D Hikers are less likely to get tired if they hike at a reasonable and steady pace.

### End of Set

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