The Ultimate

HIKING PREPARATIONS CHECKLIST



STEP ONE: GET IN GEAR

Before planning your next outing, take some time to assess your gear and perhaps do some shopping to fill in the gaps. If your hiking getup is ready to go when you are, you'll be less likely to "make do."



MUST HAVES FOR ANY DAY HIKE

- O Hiking poles
- O Good socks
- O Sturdy shoes
- Orthotic insoles
- Lightweight backpack with chest and waist strap
- Water bottle or bladder for backpack
- O Good sun hat
- Comfortable clothes suited to the weather and conditions
- O GPS device
- O Multi-tool or pocketknife
- O First aid kit

NICE TO HAVES

- Solar cell phone charger
- Mini satellite communicator or satellite phone
- O Compass
- O Water filtering straws

- O Small flashlight or headlamp
- O Small lighter
- O Whistle

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STEP THREE:

without stress.

RIGHT BEFORE YOU GO

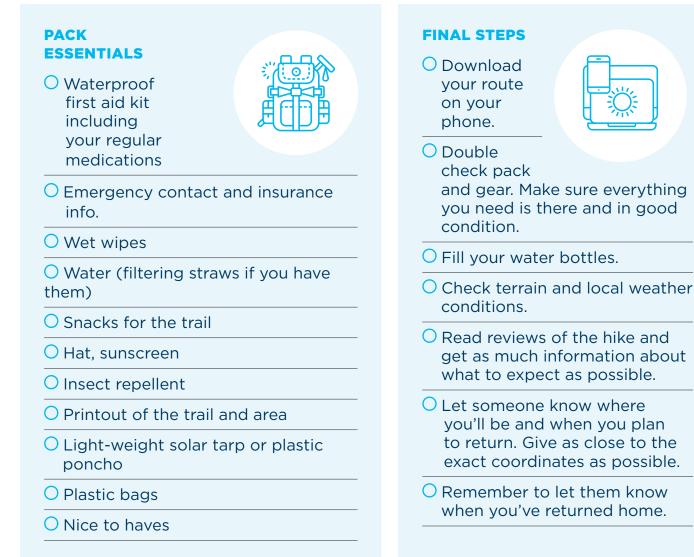
Make sure you prep and check these items the night before,

so you can hit the trail early



STEP TWO: PREP YOUR GEAR

A packed and ready hiking backpack is convenient and cuts down on the chance of forgetting something essential.



Visit FAR.com/blog to read "Safety Tips for Senior Hikers."

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