

FREE PRINTABLE RESOURCE

DAY HIKE FIELD CARD

The ten essential categories, and the before-you-go habits to go with them.

THE TEN CATEGORIES (NPS)

- ☐ **Navigation**
Map, compass or GPS; physical map as backup; spare phone battery
- ☐ **Sun protection**
Sunglasses, sunscreen, hat
- ☐ **Extra clothing**
Jacket, hat, gloves, rain shell, extra layers
- ☐ **Illumination**
Headlamp or flashlight, extra batteries
- ☐ **First-aid supplies**
Check expiration dates, personal medications
- ☐ **Fire**
Matches or lighter, fire starters
- ☐ **Repair kit and tools**
Duct tape, knife, scissors, multi-tool
- ☐ **Nutrition**
An extra day's supply of food
- ☐ **Hydration**
Water, and treatment supplies
- ☐ **Emergency shelter**
Tent, tarp, bivy or space blanket

BEFORE YOU GO

- ☐ **Leave a trip plan**
Route, contacts, arrival and return times, who is coming
- ☐ **Give it to someone not on the trip**
A trusted friend or family member
- ☐ **Check the weather**
If conditions are not ideal, do not take the chance
- ☐ **Pick the right shoes**
Sturdy, rubber-soled boots on dirt and gravel trails
- ☐ **Pack an extra pair of socks**
And an extra day's supply of food

ON THE TRAIL

- ☐ **Set a turnaround time**
So you are not stuck outside in the dark
- ☐ **Do not rely on your phone**
Coverage may be missing; consider a locator beacon
- ☐ **Hike with a companion**
Let the slowest hiker set the pace
- ☐ **Talk test**
If you can talk while walking, the pace is right

Our suggestion: pack the bag the night before and tick each box at the kitchen table.

Want the reasoning behind each line? Read the full guide on the TacticalBox blog.
tacticalbox.com/blogs/tacticalbox-blog

Sources: National Park Service, The Ten Essentials; National Park Service, Hiking Safety. Follow park rules and local officials. Informational only.