**Gill’s Day Hiking Checklist**

The following gear checklist contains what I currently carry on day hikes ranging from an hour or two up to a full day. My equipment choices are guided by the following criteria:

* Lightweight and compact gear where possible
* Comfort as well as style
* Understanding my needs and preferences.

Each day hike is unique so I ‘swap out’ certain pieces of equipment depending on the expected conditions, trail and duration. Use this list as a guide to build your kit for day hiking but make sure that you choose what works for you. The article detailing the reasons for my choices can be found [here](https://australianhiker.com.au/gear/gills-day-hiking-checklist-2021/)

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| **Pack System** | | **Miscellaneous Equipment** | |
| ☐ | Osprey Tempest 20 Women’s Day Pack x 1 | ☐ | Liive The Edge Sunglasses x 1 pair |
| ☐ | Sea to Summit 13L Dry Bag x 1 | ☐ | Black Diamond Ultra Mountain FL Trekking Poles 130 cm x 1 pair |
| ☐ | Sea to Summit Small Pack Cover (30-50 litre) x 1 | ☐ | SOOLALA Glasses x 1 pair |
| **Hydration System** | | ☐ | iPhone 8 x 1 |
| ☐ | Osprey Hydraulics 3L Bladder x 1 | ☐ | Foldback Clip (19mm) x 1 |
| ☐ | Katadyn BeFree Filter x 1 | ☐ |  |
| ☐ |  | **Toiletries** | |
| **Camp Kitchen** | | ☐ | Sheewee Extreme |
| ☐ | Sea to Summit Alpha Light Spoon x 1 | ☐ | GSI Cathole Trowel x 1 |
| ☐ | Sea to Summit X-Mug x 1 | ☐ | Toilet paper |
| ☐ |  | ☐ | Hand sanitiser 60ml x 1 |
| **Footwear** | | ☐ | Lip Balm x 1 plus face moisturiser |
| ☐ | Altra Timp 3.0 Women’s Shoe x 1 pair | ☐ | Tissues Travel Pack x 1 |
| ☐ | Injinji Trail 2.0 Women’s Mid Mini Crew Toesocks x 1 pair | **First Aid** | |
| ☐ | Dirty Girl Gaiters x 1 pair | ☐ | Tweezers x 1 |
| **Layering System** | | ☐ | Splinter pick x 1 |
| ☐ | Icebreaker Sprite Racerback Bra and Hot Pants x 1 pair | ☐ | Crepe Bandage x 1 |
| ☐ | Wilderness Wear COOL MERINO Tencel Tee x 1 | ☐ | Compression Bandage x 1 |
| ☐ | Kuhl Freeflex Roll-Up Women’s Pants x 1 pair | ☐ | Safety Pins x 5 |
| ☐ | Arcade Belt x 1 | ☐ | ‘Go’ – Laxatives x 6 |
| ☐ | Marmot PreCip Jacket x 1 | ☐ | ‘Stop’ x 6 |
| ☐ | Sunday Afternoons Ultra-Adventure Hat x 1 | ☐ | Band-Aids – assorted x 15 |
| ☐ |  | ☐ | Exped Zip Pack Small x 1 |
| ☐ |  | ☐ |  |
| ☐ |  | **Swap Outs** | |
| **Safety** | | ☐ | Sea to Summit Head Net x 1 |
| ☐ | Garmin InReach Explorer+ x 1 | ☐ | Sea to Summit Gaiters x 1 |
| ☐ | Suunto A-30 Compass x 1 | ☐ | Wilderness Wear COOL MERINO Tencel Singlet x 1 |
| ☐ |  | ☐ | Wilderness Wear Women’s Merino Max 260 Long Sleeve Crew x 1 |
| ☐ |  | ☐ | Wilderness Wear Gloves x 1 pair |
| ☐ |  | ☐ | Wilderness Wear Merino Mid 195 Skull Cap x 1 |
| ☐ |  | ☐ | The North Face Thermoball Women’s Full Zip Jacket x 1 |
| ☐ |  | ☐ | Rainbird Waterproof Pants x 1 |
| ☐ |  | ☐ | Wilderness Wear Neck Gaiter x 1 |
| ☐ |  | ☐ |  |