



Petal & Paper

YOUR FREE PRINTABLE

Day hike preparation checklist



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HIKING CHECKLIST 

day walk prep

Route · ____ Distance: ____km Elevation: ____m Expected time: ____hrs

Navigation · OS map downloaded offline: ☐ Compass: ☐ Route saved: ☐

Clothing · Waterproof jacket: ☐ Warm layer: ☐ Sturdy boots/shoes: ☐

Food and water · Water: ____L Food for ____hrs: ☐ Emergency snacks: ☐

Safety · First aid kit: ☐ Emergency whistle: ☐ Fully charged phone: ☐

Tell someone · Route told to: ____ Expected return: ____ Check-in method: ____

Weather checked · Forecast: ____ Conditions suitable: ☐

 TELL SOMEONE YOUR ROUTE ·
ALWAYS — EVEN FOR SHORT WALKS

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