

Day Hike

Packing Checklist

parks.ky.gov



Prepare for your adventure with our Day Hike Packing Checklist!
Whether hiking solo or with family, this guide ensures you're ready to enjoy the outdoors and create lasting memories.

ESSENTIALS

- ☐ Trail Map (*printed or downloaded*)
- ☐ Fully charged phone (*consider offline maps*)
- ☐ Park address and driving directions
- ☐ Weather check completed
- ☐ Park hours verified

CLOTHING

- ☐ Comfortable, weather-appropriate clothing (*layers if needed*)
- ☐ Hat or visor
- ☐ Sunglasses
- ☐ Hiking boots or sturdy walking shoes
- ☐ Extra socks (*just in case*)
- ☐ Rain jacket or poncho (*check forecast*)

FOOD & WATER

- ☐ Reusable water bottles (*at least 1 liter per person*)
- ☐ Electrolyte drinks or tablets (*optional*)
- ☐ Trail snacks (*granola bars, fruit, trail mix*)
- ☐ Lunch (*if planning a picnic*)
- ☐ Trash bag to pack out any waste

FOR FAMILIES

- ☐ Kid-friendly snacks and drinks
- ☐ Favorite small toy or activity (*like a nature scavenger hunt*)
- ☐ Baby wipes or hand sanitizer
- ☐ Change of clothes for younger kids
- ☐ Child carrier (*if hiking with little ones*)

SAFETY & COMFORT

- ☐ Sunscreen
- ☐ Bug spray
- ☐ Small first aid kit (*band-aids, antiseptic wipes, allergy meds*)
- ☐ Pocket knife or multi-tool
- ☐ Flashlight or headlamp (*if there's any chance of being out near dusk*)
- ☐ Whistle (*especially for kids*)
- ☐ Emergency contact info card

EXTRAS (Optional)

- ☐ Binoculars for wildlife viewing
- ☐ Camera or GoPro
- ☐ Journal or sketchpad
- ☐ Blanket for picnics
- ☐ Hiking poles

**Before you
leave home**



1. Let someone know your hiking plans
2. Double-check weather one last time
3. Confirm park alerts (*trail closures, advisories*)
4. Ensure your vehicle has gas and supplies

TEAM
KENTUCKY

New
Kentucky
Home