



# Day Trip Packing Guide Checklist

## CLOTHING & COMFORT

- Comfortable, weather-appropriate clothing
- Lightweight, water-resistant jacket or sweater
- Comfortable walking shoes
- Scarf or bandanna

## FOOD & DRINKS

- Reusable water bottle
- Healthy snacks (nuts, fruit, jerky, etc.)
- Thermos for coffee or tea (optional)

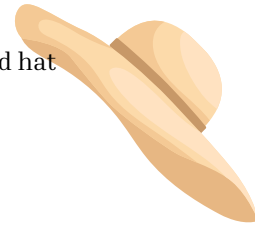


## SAFETY & HEALTH

- Small first aid kit (band aids, antiseptic wipe, pain reliever, etc.)
- Personal medications
- Blister prevention stick or moleskin

## SUN PROTECTION

- Sunscreen (SPF 30 or higher)
- Sunglasses
- Wide-brimmed hat
- SPF lip balm



## PERSONAL HYGIENE

- Hand sanitizer
- Tissues
- Travel-size wet wipes
- Travel deodorant/toothbrush (optional)

## MEMORIES & ENTERTAINMENT

- Travel journal or notebook
- Camera or phone lens attachments
- Lightweight travel tripod (optional)
- Deck of cards, book or portable game





### TECH & NAVIGATION

- Fully charged phone(s)
- Portable power bank
- Offline maps or physical maps

### EMERGENCY PREPAREDNESS

- Written emergency contact info
- Copies of ID or insurance card

### MULTIPURPOSE ITEMS

- Small blanket or microfiber towel
- Foldable, reusable bag

### LOCAL EXPLORATION TOOLS

- Local brochures, guides or maps
- List of must-see spots

**Remember to stay flexible! Embrace the journey, even if it doesn't go as planned.**

