

Day Hiking Packing List for Women

Your complete pre-hike checklist — packedtrails.com

BEFORE YOU LEAVE:

Tell someone your trail name, start time, expected return time + what to do if no contact by finish time + 2hrs.

FOOTWEAR

- ☐ Hiking boots or trail runners (broken in)
- ☐ Merino wool hiking socks (no cotton)
- ☐ Spare socks (for longer hikes)

CLOTHING LAYERS

- ☐ Moisture-wicking base layer top
- ☐ Lightweight fleece or softshell (mid layer)
- ☐ Waterproof jacket (outer shell)
- ☐ Hiking leggings or trousers (no denim)
- ☐ Underwear designed for movement
- ☐ Sun hat with a brim
- ☐ Warm hat + gloves (pack even in summer)
- ☐ Sunglasses (UV protection)

PACK

- ☐ Daypack 15-25L with hip belt
- ☐ Rain cover for pack

HYDRATION

- ☐ Water - minimum 2 litres (500ml per hour)
- ☐ Electrolyte tablets or powder
- ☐ Water filter (for longer/remote hikes)

FOOD & FUEL

- ☐ High-energy snacks (nuts, bars, dried fruit)
- ☐ Lunch if hiking over 3 hours
- ☐ Extra emergency snack

NAVIGATION

- ☐ Offline trail map downloaded (AllTrails/Komoot)
- ☐ Phone fully charged
- ☐ Portable power bank
- ☐ Screenshot of trailhead directions
- ☐ Compass (for remote trails)

SAFETY ESSENTIALS

- ☐ Compact first aid kit
- ☐ Blister plasters (multiple)
- ☐ Emergency whistle
- ☐ Headlamp with fresh batteries
- ☐ Emergency foil blanket
- ☐ Personal alarm (clipped to pack)
- ☐ Any personal medication

SUN PROTECTION

- ☐ Sunscreen SPF 30+ (reapply every 2 hours)
- ☐ SPF lip balm

WOMEN-SPECIFIC

- ☐ Period supplies (even if not expected)
- ☐ Small trowel + waste bags (remote trails)
- ☐ Chafe cream or anti-chafe balm

LEAVE NO TRACE

- ☐ Rubbish bag for waste
- ☐ Biodegradable soap (if needed)
- ☐ Note left in car with trail + return time