

Day Hike Packing Checklist UK

Print-friendly checklist — tick as you pack for your next UK adventure.



Navigation & Safety Gear

- ☐ OS Map & Compass
- ☐ Charged Phone (offline maps)
- ☐ Power Bank & Short Cable
- ☐ First Aid Kit (blister care & pain relief)
- ☐ Headtorch (spare batteries or charge lead)
- ☐ Whistle (often on chest strap)
- ☐ Emergency Blanket or Bivvy Bag
- ☐ Emergency Contact / ICE Card

Weatherproof Clothing & Footwear

- ☐ Base Layer (moisture-wicking)
- ☐ Insulating Mid-Layer (fleece)
- ☐ Waterproof Jacket (breathable shell)
- ☐ Spare Layer (extra fleece or insulated jacket)
- ☐ Hat & Gloves (year-round)
- ☐ Spare Gloves
- ☐ Spare Socks
- ☐ Buff / Neck Gaiter
- ☐ Footwear for terrain (shoes/boots)
- ☐ Gaiters (boggy or wet moorland)

Food & Hydration

- ☐ Balanced Snacks (nuts, oat bars, dried fruit)
- ☐ Proper Lunch (wrap, sandwich, pasta salad)
- ☐ Emergency Ration (gel, flapjack, or bar)
- ☐ 1.5–2 L of Water (bottles or bladder)
- ☐ Electrolyte Tabs (optional)
- ☐ Compact Water Filter / Purification Tablets

Personal Essentials

- ☐ Cash / Contactless & ID (carry coins)
- ☐ Tissues & Hand Gel
- ☐ Rubbish Bag (zip-lock or small dry bag)
- ☐ Personal Medications
- ☐ Lip Balm & Sunscreen

Backpack & Organisation

- ☐ Rain Cover or Dry Bags (keep kit waterproof)
- ☐ Packing Cubes / Dry Bags (by theme)
- ☐ Route Card / Itinerary
- ☐ Parking Details / Transport Tickets

Useful Extras

- ☐ Walking Poles
- ☐ Sit Mat
- ☐ Repair Tape & Zip Ties
- ☐ Small Multitool (Victorinox / Leatherman)
- ☐ Camera (optional)
- ☐ Sunglasses

Hillwalking & Moorland Upgrades

- ☐ Waterproof Map Case
- ☐ Lightweight Insulated Jacket or Survival Bivvy
- ☐ Extra Gloves & Warm Hat
- ☐ Brighter Headtorch
- ☐ Sturdy Boots with Vibram-style grip
- ☐ Check MWIS / Met Office Mountain Forecast