



# DAY HIKERS CHECKLIST

A **Day Hike** is typically a hiking trip that can be completed within a single day (typically less than 20km). Food and equipment necessary to travel on foot during the day is carried in a small to medium sized backpack. Day hikes can be a one hour walk in the park, a light and fast sprint up and down a peak or a remote wilderness circuit or traverse. Always be prepared for possible injuries or getting lost, and depending on the weather forecast and the length and remoteness of the hike, it may be wise to carry equipment for an emergency overnight stay.

## STAFF TRIP PICKS

### BRITISH COLUMBIA >

**Trail Name:** The Chief  
**Length:** 6 km  
**Altitude Gain:** 610m  
**Time to Complete:** 3 hours  
**Closest City:** Squamish, BC  
**Seasons:** Spring, Summer, Fall  
**Trail difficulty:** difficult

**Trail Name:** Mcdougall Rim  
**Length:** 10 km  
**Time to Complete:** 4 hours  
**Closest City:** Kelowna, BC  
**Seasons:** Spring, Fall, Summer  
**Trail difficulty:** average

### ALBERTA >

**Trail Name:** Cory and Edith Passes  
**Length:** 15 km return  
**Altitude Gain:** 920m  
**Time to Complete:** 7 hours  
**Closest City:** Banff, AB  
**Seasons:** Summer  
**Trail difficulty:** difficult

**Trail Name:** Henry Macleod Trail  
**Length:** 16 km return  
**Altitude Gain:** 500m  
**Time to Complete:** 5 hours  
**Closest City:** Jasper, AB  
**Seasons:** Fall, Summer  
**Trail difficulty:** average

### ONTARIO >

**Trail Name:** Centennial Ridges Trail  
**Length:** 10 km  
**Altitude Gain:** 170m  
**Time to Complete:** 4 hours  
**Closest City:** Algonquin Park, ON  
**Seasons:** Summer, Fall, Spring  
**Trail difficulty:** difficult

### ATLANTIC CANADA >

**Trail Name:** Fairmount Ridge Trail  
**Length:** 11 km  
**Altitude Gain:** 365m  
**Time to Complete:** 4 hours  
**Closest City:** New Glasgow, NS  
**Seasons:** Winter, Fall, Summer  
**Trail difficulty:** difficult

## TIPS

- > Ensure that your Hiking Boots or Multi-Sport Shoes are suitable for terrain and weight to be carried and are properly broken in and proven comfortable.
- > Check for trail closures due to fires, bears or erosion, check weather forecast and tell someone where you are going
- > Guidebook (Save weight by carrying photo copy and/or notes of specific trip only)
- > Water (Approximately 2-4L/day/person depending on altitude, temperature and exertion. Filtering/purifying or boiling water or snow along the way is the only practical way of supplying enough water on an extended trip).



# DAY HIKERS CHECKLIST

<b>GEAR LIST</b>	<b>GOT IT!</b>	<b>NEED IT!</b>	<b>CMS RECOMMENDS</b>
> Hiking Boots /Multi-Sport Shoes			
> Boot care treatment			
> Custom Footbeds			
> Hiking Socks			
> Lightweight Liner Socks			
> Gaiters			
> Hiking Shorts			
> Pants or Convertible pants			
> Long Sleeve Hiking Shirt			
> Synthetic Briefs			
> Synthetic T-Shirt			
> Base Layer Top and Bottoms			
> Fleece or Softshell Jacket			
> Waterproof/breathable Rain Jacket			
> Waterproof/breathable Rain Pants			
> Fleece Toque			
> Fleece Gloves			
> Ball Cap			
> Trekking Poles			
> Sunglasses and case			
> Sunscreen			
> Daypack			
> Assorted Light Weight Stuff Sacks (Good for packing and sorting gear)			
> Waterproof Matches and safe			
> Bear Spray			
> Compass			
> GPS with case			
> Watch			
> Binoculars			
> Multi Tool or Pocket Knife			
> Water bottle and/or hydration reservoir			
> Headlamp			
> Insect Repellent			
> First Aid Kit			
<b>DON' T FORGET</b>			
> Blister Kit			
> Safety whistle (one per person in case of emergency)			
> Cell Phone (fully charged and off)			
> Map and W/P bag			
> Guide book or photo copy			
> Camera with case			