FIELD

FREE DOWNLOAD

THE MOUNTAIN ADVENTURE CHECKLIST

Everything you need to research, pack, and prepare, whether you're heading out for a few hours or a few days.

DAY HIKE | NIGHT CLIMB | OVERNIGHT | WEEKEND

STEP ONE · ALL TRIPS

BEFORE YOU GO

Do this before every trip, regardless of how long you're out.

TRAIL RESEARCH

- [ ] Check trail difficulty, total distance + elevation gain
- [ ] Identify water sources on or near the route

  Note whether treatment is needed, always carry a backup method
- [ ] Download offline maps - AllTrails, Maps.me, or Google Earth

  Google Earth shows 3D terrain which helps with route reading in complex mountain terrain
- [ ] Check for trail closures, permit requirements, or seasonal restrictions

WEATHER & CONDITIONS

- [ ] Check the forecast on at least two apps

  Windy and Snowforecast are reliable for mountain conditions. Cross-reference with your phone's built-in weather app. If they disagree, take the more cautious one.
- [ ] Check expected wind speed at altitude

  Always feels stronger than the forecast, especially near ridgelines and summits
- [ ] Note sunrise and sunset times - optional, but worth it for the light

  Especially if you're chasing a summit at golden hour or starting a night climb at dusk

TRAIL REPORTS & LOCAL KNOWLEDGE

- [ ] Check online trail reports if available

  AllTrails reviews, local hiking groups - anything from the past week is most useful

- [ ] When you arrive, ask the locals

  Rangers, hikers heading back down, anyone at the trailhead. They'll tell you more than any app, current conditions, where the snow starts, where the path gets unclear. Always greet people. The mountain community looks out for each other.

SAFETY PLANNING

- [ ] Tell someone your exact plan - route, trailhead, expected return time
- [ ] Note the nearest hospital or mountain rescue contact number

TRIP TYPE

DAY HIKE

Out and back in daylight. Pack light, but don't skip the essentials.

NAVIGATION & TECH

- [ ] Phone fully charged + offline map downloaded
- [ ] Portable power bank (charged)
- [ ] Screenshot key trail info in case you lose signal

PACK & GEAR

- [ ] Daypack 20–25L
- [ ] Trail shoes or boots - fully broken in
- [ ] Trekking poles (optional)
- [ ] Compact first aid kit
- [ ] Knife
- [ ] Headlamp or torch + spare batteries
  Even for day hikes, delays happen
- [ ] Matches and lighter
- [ ] Cash + ID

WATER & FOOD

- [ ] Minimum 2L water (more in heat or on long ascents)
- [ ] Water filter or purification tablets (backup)
- [ ] Calorie-dense snacks + lunch

CLOTHING

- [ ] Moisture-wicking base layer
- [ ] Mid layer (fleece or softshell)
- [ ] Waterproof rain jacket (even on a sunny forecast)
- [ ] Sun hat + sunglasses
- [ ] SPF 50 sunscreen

TRIP TYPE

NIGHT CLIMB / SUMMIT

Cold, dark, and less forgiving. Your margin for error shrinks.

> **Start with your Day Hike list.** Everything above applies. Add the items below on top of it.

EXTRA RESEARCH

- [ ] Check night temperature + wind chill at summit elevation
- [ ] Know where the nearest refuge or shelter is if conditions change

EXTRA GEAR

- [ ] Headlamp or torch (whatever you prefer)
- [ ] Hot drink in a thermos
- [ ] Emergency bivvy bag (optional)

  Weighs almost nothing. Could matter a lot.

EXTRA CLOTHING

- [ ] Thermal base layer
- [ ] Insulated jacket
- [ ] Windproof hard shell
- [ ] Warm hat + gloves
- [ ] Neck buff

TRIP TYPE

OVERNIGHT / WEEKEND

One or more nights out. Comfort and safety start to mean the same thing.

> **Start with your Day Hike list.** Everything above applies. Add the items below for any night you're sleeping out.

SHELTER

- [ ] Tent, hammock, or tarp - whichever shelter system works for you
  There's no single right answer. Bring what you know how to set up fast in bad conditions.
- [ ] Sleeping bag rated below your expected overnight low
- [ ] Sleeping pad or mat

FOOD & COOKING

- [ ] Calorie-dense food for each day + one emergency extra
- [ ] Camp stove + fuel canister (optional)
  Not everyone carries one. Cold food works fine. Hot food works better.
- [ ] Cook pot + bowl (if bringing a stove)
- [ ] Utensils
- [ ] Bear bag + rope
  If you're in bear country, hang the bag away from camp

HYGIENE

- [ ] Biodegradable soap
- [ ] Toothbrush + toothpaste

EMERGENCY & REPAIR

- [ ] Emergency contacts written on paper, not just in your phone
- [ ] Repair kit: duct tape, tent pole sleeve, sleeping pad patch (optional)

AFIELD

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Your digital magazine for outdoor adventure and action sports culture.
Gear, stories, and life AFIELD.

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This checklist is a general guide based on experience, not a substitute for professional training or local knowledge. Every mountain, season, and trip is different. Use your judgement, know your limits, and always adapt to the specific conditions in front of you.