

WLACC's High Adventure Team presents:

6 for 8 Hiking Challenge!

RULES: [**CLICK HERE TO REGISTER**](#)

COMPLETE 6 HIKEs OVER 8 WEEKENDS

YOU CAN CHOOSE ONE OF TWO TRACKS:

CHOOSE ANY HIKE LISTED IN THE FOLLOWING LINKS OR FIND ONE OF YOUR OWN

- socalhiker.net/trails/
- [Scouting Resource Map](#)
- 1. NON-MERIT BADGE TRACK (EASY TO MODERATE)
 - [Click Here for a list of trails.](#) (or see on page 2)
- 2. HIKING MERIT BADGE TRACK (CHALLENGING)
 - [Click Here for a list of trails.](#) (or see on page 4)

- EACH SUBSEQUENT HIKE MUST BE LONGER THAN THE PRIOR HIKE

- RESEARCH YOUR HIKE BY USING THE INTERNET TO FIND AND LOG:

1. TRAIL MAPS
2. PERMIT REQUIREMENTS
3. TRAIL CONDITIONS
4. TERRAIN (ELEVATION GAIN. TREE COVER. WATER CROSSINGS, ETC.)
5. PARKING LOCATION
6. HISTORY. UNIQUE FEATURES LIKE CAVES. ABANDONED MINES. RUINS. NATIVE AMERICAN HABITATS. INTERPRETIVE TRAIL GUIDES. ETC.
7. WEATHER CONDITIONS AND NECESSARY ATTIRE FOR SUCH

PRINTABLE HIKING JOURNALS

- [REI ADVENTURE NOTEBOOK](#) (You'll need to print this in Landscape mode to go with the YouTube instruction video) (or see on page 7)
 - [YOUTUBE INSTRUCTIONS](#)
- [EASY JOURNAL](#) (or see on page 8)

BRING THE TEN ESSENTIALS

- [10 ESSENTIALS - A 21st CENTURY UPDATE](#) (or see on page 9)
- [REI DAY HIKE PACKING CHECKLIST](#) (or see on page 11)
- [SIMPLE DAY HIKE PACKING CHECKLIST](#) (or see on page 13)

SUGGESTED HIKEs WITH LINKS

- [BEGINNER/INTERMEDIATE HIKERS](#) (or see on page 14)
- [CHALLENGING HIKEs \(HIKING MERIT BADGE TRACK\)](#) (or see on page 15)

• ANY SCOUT CHOOSING TO DO THE HIKING MERIT BADGE. DAN O'BRIEN. CHAIRPERSON OF THE WLACC HIGH ADVENTURE TEAM (HAT) CAN BE YOUR COUNSELOR IF YOU CANNOT FIND ONE WITHIN YOUR OWN DISTRICT.

Dan O'Brien: beverlyanddan@icloud.com

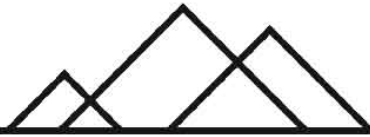
CONTACT E-MAIL: Eddie.Rodriguez@scouting.org

\$25.00 per Participant

CANCELLATION POLICY

There are no refunds for this event.





WLACC HIGH ADVENTURE TEAM

6 FOR 8 HIKING CHALLENGE

HIKES

BEGINNER/INTERMEDIATE HIKERS (PICK 6, ASCENDING IN DISTANCE)

- BEE ROCK AND OLD LOS ANGELES ZOO HIKE

[HTTPS://SOCALHIKER.NET/HIKING-BEE-ROCK-AND-OLD-ZOO-GRIFFITH-PARK/](https://SOCALHIKER.NET/HIKING-BEE-ROCK-AND-OLD-ZOO-GRIFFITH-PARK/)

DISTANCE: 2.4 MILES

DIFFICULTY: MODERATE

DOGS: YES, ON LEASH

TIME: ~1 HOURS

ELEVATION GAIN: 694 FEET

- INSPIRATION LOOP IN WILL ROGERS STATE PARK

[HTTPS://SOCALHIKER.NET/INSPIRATION-LOOP-TRAIL-IN-WILL-ROGERS-STATE-PARK/](https://SOCALHIKER.NET/INSPIRATION-LOOP-TRAIL-IN-WILL-ROGERS-STATE-PARK/)

DISTANCE: 2.6 MILES

DIFFICULTY: EASY

DOGS: YES

TIME: 60-80 MIN.

ELEVATION GAIN: 662 FEET

- MURPHY RANCH, RUNYON CANYON

[HTTPS://SOCALHIKER.NET/MURPHY-RANCH-THE-NAZI-COMPOUND-IN-RUSTIC-CANYON/](https://SOCALHIKER.NET/MURPHY-RANCH-THE-NAZI-COMPOUND-IN-RUSTIC-CANYON/)

DISTANCE: 3.1 MILES

DIFFICULTY: EASY

DOGS: YES

TIME: 1-2 HOURS

ELEVATION GAIN: 630 FT

- LAKE HOLLYWOOD LOOP

[HTTPS://SOCALHIKER.NET/HIKING-LAKE-HOLLYWOOD-LOOP-TRAIL/](https://SOCALHIKER.NET/HIKING-LAKE-HOLLYWOOD-LOOP-TRAIL/)

DISTANCE: 3.4 MILES

DIFFICULTY: EASY

DOGS: NO

TIME: 60-80 MIN.

ELEVATION GAIN: 50 FT

- ESCONDIDO FALLS

[HTTPS://SOCALHIKER.NET/HIKING-ESCONDIDO-FALLS-TRAIL/](https://SOCALHIKER.NET/HIKING-ESCONDIDO-FALLS-TRAIL/)

DISTANCE: 3.6 MILES

DIFFICULTY: EASY

DOGS: YES, ON LEASH

TIME: 2 HOURS

ELEVATION GAIN: 351 FT

- SWITZER FALLS

[HTTPS://HIKINGGUY.COM/HIKING-TRAILS/BEST-LA-HIKES/SWITZER-FALLS-HIKE/](https://HIKINGGUY.COM/HIKING-TRAILS/BEST-LA-HIKES/SWITZER-FALLS-HIKE/)

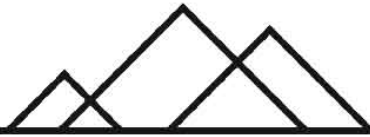
DISTANCE: 4 MILES

DIFFICULTY: MODERATE

DOGS: YES

TIME: 2-3 HOURS

ELEVATION GAIN: 690 FT



WLACC HIGH ADVENTURE TEAM

6 FOR 8 HIKING CHALLENGE

HIKES

BEGINNER/INTERMEDIATE HIKERS (PICK 6, ASCENDING IN DISTANCE)

– HUMMINGBIRD TRAIL

[HTTPS://WWW.ALLTRAILS.COM/TRAIL/US/CALIFORNIA/HUMMINGBIRD-TRAIL](https://www.alltrails.com/trail/us/california/hummingbird-trail)

DISTANCE: 4 MILES

DIFFICULTY: MODERATE/HARD

DOGS: YES

TIME: 2-3 HOURS

ELEVATION GAIN: 1,227 FT

– M*A*S*H TRAIL, MALIBU CREEK STATE PARK

[HTTPS://SOCALHIKER.NET/MASH-HIKE-IN-MALIBU-CREEK-STATE-PARK/](https://socalhiker.net/mash-hike-in-malibu-creek-state-park/)

DISTANCE: 5 MILES

DIFFICULTY: EASY

DOGS: NO

TIME: 2 HOURS

ELEVATION GAIN: 652 FEET

– VASQUEZ ROCKS

[HTTPS://SOCALHIKER.NET/HIKING-THE-PCT-IN-VASQUEZ-ROCKS/](https://socalhiker.net/hiking-the-pct-in-vasquez-rocks/)

DISTANCE: 5.65 MILES

DIFFICULTY: MODERATE

DOGS: YES

TIME: 2-3 HOURS

ELEVATION GAIN: 650 FT

– EAGLE ROCK FROM TRIPPET RANCH, TOPANGA STATE PARK

[HTTPS://SOCALHIKER.NET/HIKING-TO-EAGLE-ROCK-IN-TOPANGA-STATE-PARK/](https://socalhiker.net/hiking-to-eagle-rock-in-topanga-state-park/)

DISTANCE: 6.6 MILES

DIFFICULTY: MODERATE

DOGS: NO

TIME: 3-4 HOURS

ELEVATION GAIN: 1,220 FEET

– PARK TO PLAYA TRAIL: CHOOSE YOUR PATH – BALLONA CREEK/BALDWIN HILLS SCENIC OVERLOOK/KENNETH HAHN STATE PARK

[HTTPS://TRAILS.LACOUNTY.GOV/TRAIL/237/PARK-TO-PLAYA-TRAIL](https://trails.lacounty.gov/trail/237/park-to-playa-trail)

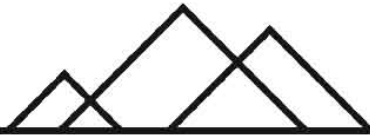
DISTANCE: YOU CHOOSE

DIFFICULTY: EASY TO CHALLENGING

DOGS: YES ON LEASH EXCEPT BALDWIN HILLS SCENIC OVERLOOK

TIME: UP TO YOU

ELEVATION GAIN: UP TO 509 FEET



WLACC HIGH ADVENTURE TEAM

6 FOR 8 HIKING CHALLENGE

HIKES

CHALLENGING HIKES/HIKING MERIT BADGE

(PICK 6, ASCENDING IN DISTANCE: ONE 5-MILE, THREE 10-MILE, ONE 15-MILE & ONE 20-MILE)

5-MILE QUALIFIER HIKES (CHOOSE ONE FOR MERIT BADGE)

– M*A*S*H TRAIL, MALIBU CREEK STATE PARK

[HTTPS://SOCALHIKER.NET/MASH-HIKE-IN-MALIBU-CREEK-STATE-PARK/](https://SOCALHIKER.NET/MASH-HIKE-IN-MALIBU-CREEK-STATE-PARK/)

DISTANCE: 5 MILES

DIFFICULTY: EASY

DOGS: NO

TIME: 2 HOURS

ELEVATION GAIN: 652 FEET

– VASQUEZ ROCKS

[HTTPS://SOCALHIKER.NET/HIKING-THE-PCT-IN-VASQUEZ-ROCKS/](https://SOCALHIKER.NET/HIKING-THE-PCT-IN-VASQUEZ-ROCKS/)

DISTANCE: 5.65 MILES

DIFFICULTY: MODERATE

DOGS: YES ON LEASH

TIME: 2-3 HOURS

ELEVATION GAIN: 650 FT

– EAGLE ROCK FROM TRIPPET RANCH, TOPANGA STATE PARK

[HTTPS://SOCALHIKER.NET/HIKING-TO-EAGLE-ROCK-IN-TOPANGA-STATE-PARK/](https://SOCALHIKER.NET/HIKING-TO-EAGLE-ROCK-IN-TOPANGA-STATE-PARK/)

DISTANCE: 6.6 MILES

DIFFICULTY: MODERATE

DOGS: NO

TIME: 3-4 HOURS

ELEVATION GAIN: 1,220 FEET

10-MILE QUALIFIER HIKES (CHOOSE THREE FOR MERIT BADGE)

– PARK TO PLAYA FROM PLAYA DEL REY TO KENNETH HAHN RECREATION PARK

*NOT AN OUT AND BACK – NEED SOMEONE TO DROP OFF & PICK UP AT TRAILHEAD AND EXIT

[HTTPS://TRAILS.LACOUNTY.GOV/TRAIL/237/PARK-TO-PLAYA-TRAIL](https://TRAILS.LACOUNTY.GOV/TRAIL/237/PARK-TO-PLAYA-TRAIL)

DISTANCE: 10.4 MILES

DIFFICULTY: MODERATE

DOGS: YES ON LEASH

TIME: 4-5 HOURS

ELEVATION GAIN: 504 FEET

GPS MAP:

WWW.GAIAGPS.COM/MAP/?LOC=17.8/-118.3851/34.0016&PUBLINK=BK5EXTFXBSRYOT5NI48A6PE0&TRACKID=CAC8366C-C098-4F54-A0BD-0276883D4E95

– BRIDGE TO NOWHERE, SAN GABRIEL RIVER, AZUZA

[HTTPS://SOCALHIKER.NET/HIKE-THE-BRIDGE-TO-NOWHERE/](https://SOCALHIKER.NET/HIKE-THE-BRIDGE-TO-NOWHERE/)

DISTANCE: 11 MILES

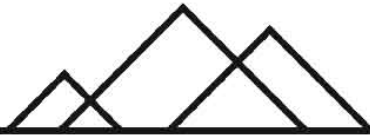
DIFFICULTY: MODERATE

DOGS: YES ON LEASH

TIME: 4-5 HOURS

ELEVATION GAIN: 1,140 FEET

*NOTE: YOU WILL CROSS THE RIVER SEVERAL TIMES AND WILL LIKELY GET WET



WLACC HIGH ADVENTURE TEAM

6 FOR 8 HIKING CHALLENGE

HIKES

CHALLENGING HIKES/HIKING MERIT BADGE

(PICK 6, ASCENDING IN DISTANCE: ONE 5-MILE, THREE 10-MILE, ONE 15-MILE & ONE 20-MILE)

10-MILE QUALIFIER HIKES CONT

- ZUMA CANYON LOOP TRAIL

[HTTPS://WWW.ALLTRAILS.COM/TRAIL/US/CALIFORNIA/ZUMA-CANYON-LOOP-TRAIL--2](https://www.alltrails.com/trail/us/california/zuma-canyon-loop-trail--2)

DISTANCE: 10.7 MILES

DIFFICULTY: HARD

DOGS: YES ON LEASH

TIME: 4-6 HOURS

ELEVATION GAIN: 2,755 FT

- MISHE MOKWA TRAIL TO SANDSTONE PEAK + GROTTO TRAIL OUT & BACK

[HTTPS://SOCALHIKER.NET/MISHE-MOKWA-TRAIL-TO-SANDSTONE-PEAK/](https://socialhiker.net/mishe-mokwa-trail-to-sandstone-peak/)

DISTANCE: 10.0 MILES

DIFFICULTY: MODERATE TO HARD

DOGS: YES ON LEASH

TIME: 4-6 HOURS

ELEVATION GAIN: 1,521 FT

*GPS MAP:

[HTTPS://WWW.GAIAGPS.COM/MAP/?LOC=16.2/-118.9347/34.1074&PUBLINK=BJ2UFQFHLZZQZSWAC5VQZWWL&TRACKID=2EABC868-D149-4462-98EF-3CF15DAC306F](https://www.gaiagps.com/map/?loc=16.2/-118.9347/34.1074&publink=BJ2UFQFHLZZQZSWAC5VQZWWL&trackid=2EABC868-D149-4462-98EF-3CF15DAC306F)

15-MILE QUALIFIER HIKES

- GABRIELINO WEST TRAIL - RED BOX TO JET PROPULSION LABORATORY

*NOT AN OUT AND BACK - NEED SOMEONE TO DROP OFF & PICK UP AT TRAILHEAD AND EXIT

[HTTPS://HIKINGGUY.COM/HIKING-TRAILS/BEST-LA-HIKES/GABRIELINO-TRAIL-GUIDE/](https://hikingguy.com/hiking-trails/best-la-hikes/gabrielino-trail-guide/)

DISTANCE: 15.4 MILES

DIFFICULTY: HARD

DOGS: YES ON LEASH

TIME: 6-10 HOURS

ELEVATION GAIN: -3,642 FT

*GPS MAP:

[HTTPS://WWW.GAIAGPS.COM/MAP/?LOC=15.7/-118.1178/34.2577&PUBLINK=5WUH8C64T2LSYNYV02XOUYTL&TRACKID=7E6E77D6-DC8B-4102-9F6E-820725D6C74D](https://www.gaiagps.com/map/?loc=15.7/-118.1178/34.2577&publink=5WUH8C64T2LSYNYV02XOUYTL&trackid=7E6E77D6-DC8B-4102-9F6E-820725D6C74D)

- VASQUEZ ROCKS VIA PACIFIC CREST TRAIL FROM INDIAN CANYON TRAILHEAD

[HTTPS://WWW.ALLTRAILS.COM/TRAIL/US/CALIFORNIA/PCT-VASQUEZ-TO-INDIAN-CANYON](https://www.alltrails.com/trail/us/california/pct-vasquez-to-indian-canyon)

DISTANCE: 17.4 MILES

DIFFICULTY: MODERATE TO HARD

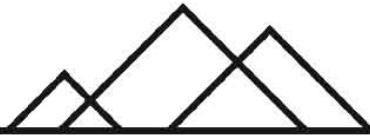
DOGS: YES ON LEASH

TIME: 6-10 HOURS

ELEVATION GAIN: 4,862 FT

*GPS MAP:

[HTTPS://WWW.GAIAGPS.COM/MAP/?LOC=12.6/-118.3147/34.4625&PUBLINK=WQ8W6QCXG635T2F0IMOT4K&TRACKID=67280E71-0632-405C-B7FA-D7D72EE0F873](https://www.gaiagps.com/map/?loc=12.6/-118.3147/34.4625&publink=WQ8W6QCXG635T2F0IMOT4K&trackid=67280E71-0632-405C-B7FA-D7D72EE0F873)



WLACC HIGH ADVENTURE TEAM

6 FOR 8 HIKING CHALLENGE

HIKES

CHALLENGING HIKES/HIKING MERIT BADGE

(PICK 6, ASCENDING IN DISTANCE: ONE 5-MILE, THREE 10-MILE, ONE 15-MILE & ONE 20-MILE)

20-MILE QUALIFIER HIKES

– SANTA MONICA TO HERMOSA BEACH VIA MARVIN BRAUDE TRAIL

*NOT AN OUT AND BACK – NEED SOMEONE TO DROP OFF & PICK UP AT TRAILHEAD AND EXIT

[HTTPS://WWW.ALLTRAILS.COM/TRAIL/US/CALIFORNIA/MARVIN-BRAUDE-TRAIL](https://www.alltrails.com/trail/us/california/marvin-braude-trail)

DISTANCE: 20 MILES

DIFFICULTY: MODERATE TO HARD

DOGS: YES ON LEASH

TIME: 8-12 HOURS

ELEVATION GAIN: NEGLIGIBLE

*GPS MAP:

[HTTPS://WWW.GAIAGPS.COM/MAP/?LOC=14.8/-118.4031/33.8648&PUBLINK=HXXKNLOWQHJOSXCZKYPKRVHU&TRACKID=3614E6AC-B4B9-4E9A-961A-38BCF04C27B8](https://www.gaiagps.com/map/?loc=14.8/-118.4031/33.8648&PUBLINK=HXXKNLOWQHJOSXCZKYPKRVHU&TRACKID=3614E6AC-B4B9-4E9A-961A-38BCF04C27B8)

– BACKBONE TRAIL SEGMENT IN SANTA MONICA MOUNTAINS (CHOOSE YOUR OWN)

*CAN BE OUT AND BACK OR POINT TO POINT

[HTTPS://WWW.NPS.GOV/SAMO/PLANYOURVISIT/BACKBONETRAIL.HTM](https://www.nps.gov/samo/planyourvisit/backbonetrail.htm)

DISTANCE: APPROX 20 MILES

DIFFICULTY: MODERATE TO HARD

DOGS: YES ON LEASH

TIME: 8-12 HOURS

ELEVATION GAIN: DEPENDS ON SEGMENT

15 & 20-MILE COMBO QUALIFIER HIKES

– TRANS CATALINA TRAIL

*REQUIRES OVERNIGHT IN LITTLE HARBOR – COORDINATION & CAMPGROUND RESERVATIONS– NEEDED

COMPLETE BOTH THE 15 & 20 MILE HIKES IN ONE WEEKEND. CAN DO AS A BACKPACK OR HAVE TEAM MEMBER

SET CAMP AT LITTLE HARBOR WHILE YOU DAY HIKE TO CAMP.

[HTTPS://WWW.CATALINACONSERVANCY.ORG/INDEX.PHP?S=VISIT&P=HIKING](https://www.catalinaconservancy.org/index.php?s=visit&p=HIKING)

[HTTPS://WWW.RESERVEAMERICA.COM/ARTICLES/HIKING/ITINERARY-BACKPACKING-THE-TRANS-CATALINA-TRAIL](https://www.reserveamerica.com/articles/hiiking/itinerary-backpacking-the-trans-catalina-trail)

DISTANCE: APPROX 41 MILES

DIFFICULTY: MODERATE TO HARD

DOGS: YES ON LEASH

TIME: 2 DAYS

ELEVATION GAIN: 9,600 FT NET

HIGHEST POINT: 1,775 FT



How do you feel?

What can you hear?

What can you see?

Who are you with?

PARK/TRAIL

DATE

Draw a picture:



How do you feel?

What can you hear?

What can you see?

Who are you with?

PARK/TRAIL

DATE

Draw a picture:

DATE

PARK/TRAIL

Who are you with?

What can you see?

What can you hear?

How do you feel?

Draw a picture:



Find more DIY activities at
[REI.com/diy](https://www.rei.com/diy)



HIKE# _____ TRAIL NAME _____ DATE _____

TRAIL FACTS

location _____

difficulty _____

total distance _____

total elevation _____

total hike time _____

WEATHER



°C/F

high

°C/F

low



TRAIL CONDITIONS

maintenance

poor

☐☐☐☐☐☐☐☐☐☐☐☐☐☐☐☐☐☐☐

excellent

ground

dry

☐☐☐☐☐☐☐☐☐☐☐☐☐☐☐☐☐☐☐

wet

gradient

flat

☐☐☐☐☐☐☐☐☐☐☐☐☐☐☐☐☐☐☐

steep

navigation

easy

☐☐☐☐☐☐☐☐☐☐☐☐☐☐☐☐☐☐☐

hard

obstacles

few

☐☐☐☐☐☐☐☐☐☐☐☐☐☐☐☐☐☐☐

many

trail occupancy

empty

☐☐☐☐☐☐☐☐☐☐☐☐☐☐☐☐☐☐☐

full

TERRAIN AND PATH

☐

mountain

☐

urban

☐

river

☐

forest

☐

beach

☐

other

☐

paved

☐

boardwalk

☐

stairs

☐

natural

☐

gravel

☐

other



HIKING
BUDDIES



backpack

raingear

insulation

map/GPS

water

flashlight

camera

food

sunscreen

first aid

knife

trekking poles

☐☐☐

Park stamp, drawing or
coordinates here:



OVERALL RATING



InMind
logbooks

The 10 Essentials — A 21st Century Update

<https://scoutingmagazine.org/2019/08/the-10-essentials-a-21st-century-update/>

By Michael Lanza

From the September-October 2019 issue of *Scouting* magazine

App Feed - Gear, Gear, Great Gear, Magazine, Outdoors



1. Navigation

A topographic map for identifying landscape features on your hike remains required navigational gear. With a printed map, you don't have to worry about battery life or electronics failing or getting dropped. Likewise, a compass is foolproof and simple; orienting a map using a compass should be one of the first skills any hiker or backpacker learns.

The accuracy, versatility, reliability and steadily shrinking size of GPS units have made them more ubiquitous, and many — like the **Garmin Oregon 750t** (\$550) — have map programs. Screen readability and size remain limited, but in bad weather, poor visibility, and for off-trail travel and climbing, GPS, an altimeter and a personal locator beacon are invaluable.

2. Knife

From slicing cheese to cutting kindling to building a fire, a knife is the most indispensable tool. The size and design of your knife — whether its blade is fixed or folding — should be determined by how you'll use it. Multitool products like the 13-function **Victorinox Swiss Army Hiker Pocket Knife** (\$26) and the 18-tool **Leatherman Wave+** (\$100) will carry you through almost any situation.

3. Fire

Any backcountry skill that has remained vital since the time of prehistoric humans requires no defense. The ability to create heat, cook food and melt snow for drinking water routinely saves lives. A standard lighter almost never fails — so bring two of them. Windproof and weatherproof matches like those in the **UCO Survival Stormproof Match Kit** (\$3) are a smart backup. A stove, fuel and pot are virtually essential on a multiday trip.

4. Headlamp

This one's a no-brainer. Always carry a bright, reliable headlamp that's fully charged. They are handy when you want to keep your hands free for handling gear and setting up camp. Check out the multifeatured **Black Diamond Storm Headlamp** (\$50) and the rechargeable **Petzl Actik Core** (\$70).

5. Water Storage

Water planning varies according to two major factors: how long you plan to be out there and the availability of natural water sources.

For day hiking, it's easiest to simply carry as much water as you expect to need for the entire outing, along with a bit of a surplus.

For longer trips, know the distance between water sources along your route and have a water-treatment method appropriate for the environment and your group size. For groups of four or fewer, water bottles with integrated filters are convenient, like the **LifeStraw Go** water bottle with two-stage filtration (\$45) and **Katadyn BeFree Water Filtration System** bottle (\$40-\$60, three sizes). For any group — but especially larger ones — pump filters like the **MSR HyperFlow Microfilter** (\$100) and gravity filters like the **Katadyn Base Camp Pro 10L** (\$100) are more efficient.

6. Sun Protection

Besides burning exposed skin, the sun can accelerate dehydration and exacerbate the symptoms of elevation sickness — and the sun grows more intense with increasing elevation. Wear full-coverage sunglasses that protect the eyes from UVA and UVB light; a broad-spectrum sunscreen (meaning it blocks UVA and UVB rays) with an SPF 30 or higher rating; and a sun hat, ideally with a wide brim.

7. First-Aid Kit

Oh, the many injuries that can occur in the backcountry — especially when you don't bring a first-aid kit. Be prepared for blisters, falls, cuts and other wounds with a basic kit like the **Adventure Medical Kits Ultralight / Watertight .7 Medical Kit** (\$29).

8. Rain Gear

If you can afford only one rain jacket, you should buy a lightweight hooded jacket. These jackets, classified as “hard shells,” are necessary to shield you from heavy wind and wet weather, because a woven “soft shell” jacket won't give you the needed protection. The Marmot PreCip Jacket (\$100) is a good option. You want your rain jacket to be decently trim, yet roomy enough to allow for layering when it's cold. In an emergency, a rain poncho can be used as a makeshift shelter.

9. Trail Food

Carry all the food you expect to eat, plus a surplus amount determined by a conservative calculation of how long your return to home might be delayed — hours or a day or more. On a day hike, that surplus might be extra bars. On a wilderness backpacking trip, it might be an extra day's supply of food.

10. Extra Clothes

As with the two essentials above, decisions on clothing are dictated by circumstances. Ultra-runners, for instance, head into the mountains for hours with minimal clothing — but they're relying largely on their stamina and experience to avoid serious injury. Many day hikers and backpackers must contemplate what they might need to survive an unplanned night out, given the environment and potential weather extremes.

That generally means a layering system that includes a waterproof-breathable shell, adequate insulating layers, and base layers that wick moisture and dry quickly, as well as a warm hat — and usually gloves.

Bonus: Duct Tape

Then there's good ol' duct tape (or a similarly durable tape) for repairing everything from a tent rip to delaminating boots. Tip: Keep duct tape with you at all times by wrapping some around a trekking pole shaft.



DAY HIKING CHECKLIST

This checklist is deliberately comprehensive and intended for day hikes in the backcountry where being self-sufficient is important to your well-being. The list includes many more items than you'll likely need for short treks in or near developed areas, though you can adapt it to your needs for these trips.



HIKING GEAR

- ☐ Daypack

Optional:

- ☐ Trekking poles

☐ _____



NAVIGATION

- ☐ Map *
- ☐ Compass *

Optional:

- ☐ Route description/guidebook
- ☐ Altimeter watch *
- ☐ GPS *
- ☐ Satellite messenger and/or personal locator beacon *

☐ _____



TOOLS & REPAIRS

- ☐ Knife or multi-tool *
- ☐ Small gear-repair kit *

☐ _____

☐ _____



CLOTHING/FOOTWEAR

- ☐ Moisture-wicking underwear
- ☐ Moisture-wicking T-shirts
- ☐ Quick-drying pants/shorts
- ☐ Long-sleeve shirts (*for sun and bugs*)
- ☐ Lightweight fleece or jacket
- ☐ Boots or shoes suited to terrain
- ☐ Socks (*synthetic or wool*)
- ☐ Extra clothes * (*beyond the minimum expectation*)

Additional items for rainy and/or cold weather:

- ☐ Rainwear (*jacket and pants*)
- ☐ Long underwear
- ☐ Warm, insulated jacket or vest
- ☐ Fleece pants
- ☐ Gloves or mittens
- ☐ Warm hat

Optional:

- ☐ Bandana or Buff
- ☐ Gaiters (*for rainy, snowy, or muddy conditions*)

☐ _____

☐ _____



FOOD & WATER

- ☐ Water bottles and/or reservoir *
- ☐ Water filter/purifier or chemical treatment *
- ☐ Trail snacks
- ☐ Lunch
- ☐ Extra day's supply of food *

☐ _____



EMERGENCY ITEMS

- ☐ First-aid kit or supplies *
- ☐ Lighter/matches & firestarter *
- ☐ Emergency shelter *
- ☐ Whistle
- ☐ Two itineraries: 1 left with friend + 1 under car seat

☐ _____



PERSONAL ITEMS

- ☐ Credit card and/or cash
- ☐ ID
- ☐ Cellphone

☐ _____



HEALTH & HYGIENE

- | | |
|--|---|
| <input type="checkbox"/> Hand sanitizer | Optional |
| <input type="checkbox"/> Menstrual products <i>(if needed)</i> | <input type="checkbox"/> Insect repellent * |
| <input type="checkbox"/> Prescription medications <i>(if needed)</i> | <input type="checkbox"/> Toilet paper |
| <input type="checkbox"/> First-aid kit or supplies | <input type="checkbox"/> Urinary products |
| | <input type="checkbox"/> Sanitation trowel <i>(if no toilets)</i> |
| <i>Sun protection:</i> | <input type="checkbox"/> Baby wipes |
| <input type="checkbox"/> Sunscreen * | <input type="checkbox"/> Alcohol or antiseptic wipes |
| <input type="checkbox"/> Sunglasses * <i>(+ retainer leash)</i> | <input type="checkbox"/> Blister treatments |
| <input type="checkbox"/> Sun hat * | <input type="checkbox"/> _____ |
| <input type="checkbox"/> SPF-rated lip balm * | <input type="checkbox"/> _____ |



DAY HIKING EXTRAS

- | |
|---|
| <input type="checkbox"/> Headlamp or flashlight * <i>(with extra batteries)</i> |
| <input type="checkbox"/> Camera |
| <input type="checkbox"/> Interpretive field guide(s) |
| <input type="checkbox"/> Outdoor journal/sketchbook with pen or pencil |
| <input type="checkbox"/> Binoculars |
| <input type="checkbox"/> Two-way radios |
| <input type="checkbox"/> _____ |
| <input type="checkbox"/> _____ |

** These items are part of the Ten Essential systems. The exact items you take for each system can be tailored to your trip based on considerations such as weather, difficulty, duration and distance from help. To learn more, see our article on the Ten Essentials.*



Day Hike

PACKING CHECKLIST

- | | |
|---|--|
| <input type="checkbox"/> Cell Phone | <input type="checkbox"/> Sunscreen |
| <input type="checkbox"/> Compass/GPS | <input type="checkbox"/> Water/Beverages |
| <input type="checkbox"/> First Aid Kit | <input type="checkbox"/> Extra Socks |
| <input type="checkbox"/> Sunglasses | <input type="checkbox"/> Toilet Paper |
| <input type="checkbox"/> Insect Repellent | <input type="checkbox"/> Trash Bag |
| <input type="checkbox"/> Lip Balm | <input type="checkbox"/> Knife/Tool Kit |
| <input type="checkbox"/> Camera | <input type="checkbox"/> |
| <input type="checkbox"/> Whistle | <input type="checkbox"/> |
| <input type="checkbox"/> Food/Snacks | <input type="checkbox"/> |
| <input type="checkbox"/> Reflective Blanket | |
| <input type="checkbox"/> Hand Sanitizer | |
| <input type="checkbox"/> Hat | |
| <input type="checkbox"/> Matches | |



BEGINNER/INTERMEDIATE HIKERS

(PICK 6, ASCENDING IN DISTANCE)

Bee Rock and Old Los Angeles Zoo Hike

<https://socalhiker.net/hiking-bee-rock-and-old-zoo-griffith-park/>

Distance: 2.4 miles

Inspiration Loop in Will Rogers State Park

<https://socalhiker.net/inspiration-loop-trail-in-will-rogers-state-park/>

Distance: 2.6 miles

Murphy Ranch, Runyon Canyon

<https://socalhiker.net/murphy-ranch-the-nazi-compound-in-rustic-canyon/>

Distance: 3.1 miles

Lake Hollywood Loop

<https://socalhiker.net/hiking-lake-hollywood-loop-trail/>

Distance: 3.4 miles

Escondido Falls

<https://socalhiker.net/hiking-escondido-falls-trail/>

Distance: 3.6 miles

Switzer Falls

<https://hikingguy.com/hiking-trails/best-la-hikes/switzer-falls-hike/>

Distance: 4 miles

Hummingbird Trail

<https://www.alltrails.com/trail/us/california/hummingbird-trail>

Distance: 4 miles

M*A*S*H Trail, Malibu Creek State Park

<https://socalhiker.net/mash-hike-in-malibu-creek-state-park/>

Distance: 5 miles

VASQUEZ ROCKS

<https://socalhiker.net/hiking-the-pct-in-vasquez-rocks/>

Distance: 5.65 miles

Eagle Rock from Trippet Ranch, Topanga State Park

<https://socalhiker.net/hiking-to-eagle-rock-in-topanga-state-park/>

Distance: 6.6 miles

Park to Playa Trail: Ballona Creek/Baldwin Hills Scenic Overlook/Kenneth Hahn State Park

<https://trails.lacounty.gov/Trail/237/park-to-playa-trail>

Distance: You choose

Hiking Challenge

CHALLENGING HIKES (HIKING MERIT BADGE TRACK)

5-mile qualifier hikes (choose one for merit badge)

M*A*S*H Trail, Malibu Creek State Park

<https://socalhiker.net/mash-hike-in-malibu-creek-state-park/>

Vasquez Rocks

<https://socalhiker.net/hiking-the-pct-in-vasquez-rocks/>

Eagle Rock from Trippet Ranch, Topanga State Park

<https://socalhiker.net/hiking-to-eagle-rock-in-topanga-state-park/>

10-mile qualifier hikes

Park to Playa from Playa del Rey to Kenneth Hahn Recreation Park

*not an out and back - need someone to drop off & pick up at trailhead and exit

<https://trails.lacounty.gov/Trail/237/park-to-playa-trail>

Bridge to Nowhere, San Gabriel River, Azusa

<https://socalhiker.net/hike-the-bridge-to-nowhere/>

Zuma Canyon Loop Trail

<https://www.alltrails.com/trail/us/california/zuma-canyon-loop-trail--2>

Mishe Mokwa Trail to Sandstone Peak + Grotto Trail out & back

<https://socalhiker.net/mishe-mokwa-trail-to-sandstone-peak/>

15-mile qualifier hikes

Gabrielino West Trail - Red Box to Jet Propulsion Laboratory

*not an out and back - need someone to drop off & pick up at trailhead and exit

<https://hikingguy.com/hiking-trails/best-la-hikes/gabrielino-trail-guide/>

Vasquez Rocks via Pacific Crest Trail from Indian Canyon Trailhead

<https://www.alltrails.com/trail/us/california/pct-vasquez-to-indian-canyon>

20-mile qualifier hikes

Santa Monica to Hermosa Beach via Marvin Braude Trail

<https://www.alltrails.com/trail/us/california/marvin-braude-trail>

Backbone Trail segment in Santa Monica Mountains (choose your own)

*Can be out and back or point to point

<https://www.nps.gov/samo/planyourvisit/backbonetrail.htm>

15 & 20-mile combo qualifier hikes

Trans-Catalina Trail

*Requires overnight in Little Harbor. Coordination & campground reservations needed.

Complete both the 15 & 20 mile hikes in one weekend. Can do as a backpack or have team member set camp at little harbor while you day hike to camp.

<https://www.catalinaconservancy.org/index.php?s=visit&p=hiking>

<https://www.reserveamerica.com/articles/hiking/itinerary-backpacking-the-trans-catalina-trail>