

Night Hiking Checklist

- ☐ Headlamp (with red-light mode)
- ☐ Backup flashlight + extra batteries
- ☐ Weather-appropriate layers
- ☐ Map, compass, GPS app
- ☐ Trekking poles
- ☐ First aid kit
- ☐ Whistle
- ☐ Personal locator beacon (PLB) or GPS communicator
- ☐ Bug spray or insect repellent
- ☐ Small multitool or knife
- ☐ Emergency blanket or lightweight emergency tent
- ☐ Water and snacks
- ☐ Fully charged phone + battery pack
- ☐ Tell someone your plan

Thank you for visiting Adventureite! We hope this checklist helps you feel prepared, safe, and inspired to explore the outdoors at night. Wishing you unforgettable adventures under the stars.

Visit us at <https://adventureite.com>

Read the full guide: <https://adventureite.com/hiking/night-hiking-101/>