Day Hiker’s Checklist

Before you hit the trail this year, take the time to make sure you’ve included the following items for a safer, more enjoyable trip.

The following list is designed to help equip hikers who are just starting out. You will probably develop your own mental checklist as you gain experience.

**Clothing and Other Gear . . .**

- Supportive footwear designed for the length of your hike and expected terrain
- Spare socks (optional, but nice to change into at lunchtime)
- Jacket or pullover
- Rain/wind shells (jacket and pants)
- Wool hat
- Bandanna (optional)
- Map and/or guidebook
- Compass
- Full canteen(s) or water bottle(s)
- Knife
- Flashlight or headlamp with new batteries
- Waterproof matches
- Insect repellent
- First aid kit
- Sun protection (sunglasses, sunscreen)
- Toilet tissue
- Notebook with pencil
- Whistle
- Well-designed day pack
- Moleskin
- Money
- Handful of zip-seal plastic bags
- Camera and film (optional)
- Binoculars (optional)
Day Hiking Tips . . .

- Carrying your clothing and food in different colored stuff sacks keeps your pack organized and helps you find gear easily.
- Always carry plenty of water. Two quarts per person per day is a good rule of thumb. Warmer conditions and/or rugged terrain may require carrying more. Drink often to stay well hydrated.
- Fill your canteens before you leave. Backcountry water sources are often unpredictable.
- Carry more food than you think you will need. It is better to bring extra snacks home with you than to go hungry.
- Practice minimum impact camping. Carry out whatever you pack in so others can enjoy the surroundings. If you can, help pick up what previous visitors may have left behind.
- When you choose a hike, consider the ability levels of all members of your party.
- Hike only as fast as the slowest member of your group.
- Acquaint yourself with the area and specific trail(s) you plan to hike so you can set a reasonable timetable. Many guidebooks include estimated timetables for trips.
- Start off slow to avoid excess fatigue part way through your hike.
- Make sure your vehicle is in good running order and your gas tank is topped off.
- Leave your itinerary with someone you trust.


1. What is the main purpose of this selection?
   A to list facts relevant to taking a day hike
   B to prepare a person to have a good day hike
   C to tell a person how to make a day hike
   D to tell a person how to complete a day hike quickly

2. Which of these should every day hiker have?
   A a canteen
   B spare socks
   C a watch
   D a camera
3. What does the section on “Clothing” suggest will most affect choice of shoes for a day hike?
   A the place the hike will occur
   B the weather for that day
   C the planned speed of the hike
   D the other members of the party

4. What do many of the items on the checklist have in common?
   A They focus on the potential opportunities for viewing wildlife and other interesting things.
   B They focus on making sure the hiker is on a trail that is at the appropriate difficulty level.
   C They help make sure the hiker does not disturb the environment.
   D They help make sure the hiker is comfortable while hiking.

5. What is the most likely reason the selection advises people to “consider the ability levels of all members of your party” when planning a hike?
   A so the hike to the destination will take as little time as possible
   B so the hike will allow plenty of time to look at flowers and animals
   C so the hikers will be able to get a lot of exercise on the trail
   D so the hikers will determine if the hike is suited for all participants

6. What is the main reason the selection suggests hikers be familiar with the trails they hope to hike before starting?
   A so they know what the weather will be like
   B so they will know where to find water
   C so they know how long their hike should take
   D so they do not get lost following a map
7. Which can **most reasonably** be inferred from “Day Hiking Tips”?

A  Hikers should only hike with more experienced day hikers.

B  Hikers should test their physical limits when they go on a day hike.

C  Hikers should not burden themselves with a lot of weight on a long day hike.

D  Hikers are less likely to get tired if they hike at a reasonable and steady pace.

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**End of Set**

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## EOG Grade 7 Reading Sample Items

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<th>Thinking Skill</th>
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