



Retirement

— SINGAPORE —

Plan Well. Live Well. Age Well.

Day Hiking Checklist

Pack well. Hike safe. Enjoy the journey!



ESSENTIALS

The basics for a comfortable hike

- ☐ Comfortable backpack
- ☐ Water – enough for the hike (1–2 litres, more on hot days)
- ☐ Light snacks / energy bar
- ☐ Fully charged mobile phone
- ☐ Power bank + charging cable
- ☐ Identification + some cash
- ☐ Tissues / wet wipes
- ☐ Small bag for rubbish or wet items



CLOTHING & PROTECTION

Stay cool and comfortable

- ☐ Light, quick-dry clothing
- ☐ Hiking shoes with good grip
- ☐ Comfortable socks
- ☐ Hat or cap
- ☐ Sunglasses
- ☐ Sunscreen (SPF 30 or higher)
- ☐ Insect repellent
- ☐ Light raincoat / poncho
- ☐ Towel (quick-dry, small)
- ☐ Electrolyte drink or tablets (especially for hot weather)



SAFETY

Be prepared, just in case

- ☐ Small first-aid kit
- ☐ Plasters / blister patches
- ☐ Personal medication
- ☐ Hand sanitiser
- ☐ Whistle
- ☐ Small torch / headlamp
- ☐ Trekking pole(s), if needed



BEFORE LEAVING

A little planning goes a long way

- ☐ Check the weather forecast
- ☐ Check the route and trail conditions
- ☐ Estimate how long the hike will take
- ☐ Save / download the route to your phone
- ☐ Tell someone where you are going
- ☐ Start early enough to finish before dark
- ☐ Make sure your hiking shoes are already broken in



*Take your time,
good things are found on the trail.*

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Tick digitally or
print and use by hand.



Reset All

Explore

Stay Active

Enjoy Nature