

10 Essentials for Hiking

Checklist

- Emergency shelter
- Pocketknife
- First-aid kit
- Extra clothing including rain gear
- Extra water, water filter or filtration straw
- Headlamp or flashlight
- Extra trail food
- Matches, lighter fire starters or stove
- Sun protection hat, sunscreen, bug spray (deet-free),
bug spray (deet) and protective clothing
- Navigation- map, compass and know how to read/use it

