

1

NAVIGATION

map, compass, GPS system

2

INSULATION

waterproof/windproof jacket, hat, gloves, thermals, wool socks (pack extra)

10

EMERGENCY SHELTER

tent, space blanket, tarp

3

LIGHT

headlamp, flashlight, lantern, extra batteries

9

SUN & INSECT PROTECTION

sunglasses, sunscreen, hat, bug repellent

4

FIRST-AID SUPPLIES

pre-made kit or customized

**10
HIKING
ESSENTIALS**

8

WATER

plenty of water, water filtration system

7

FOOD

high-protein and high-calorie items

5

EMERGENCY KIT

whistle, signal mirror, duct tape, pocket knife/multi-tool

6

FIRE

matches in waterproof container, lighter, fire starters

Carry these essentials on all hikes for a safe and enjoyable experience.