

# Hiking Equipment

What to bring on your next hike

[www.NJSelfAdvocacyProject.org](http://www.NJSelfAdvocacyProject.org)

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## CLOTHING

- Shoes that are lightweight, comfortable, and have a good grip
- Dress according to the weather
- Wear comfortable and breathable socks
- Comfortable clothing

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## SATELLITE COMMUNICATOR

- Can be used where there is no signal
- They have a long battery life, can check the weather, and communicate

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## NAVIGATION

- Have something to know where you are located
- You can use trail maps, your phone, GPS devices, and compasses



## Essentials:

### Water

Bring clean water with you to stay hydrated. You can always bring a water filter too.

### Sunscreen

Avoid any sunburn our hot days and stay prepared by applying sunscreen.

### Bug Protection

When we are outdoors we can encounter a lot of bugs so remember to apply that bug repellent.

### Backpack

You want a waterproof, comfortable, with lots of space, and secured backpack.

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## RAIN GEAR

- You can use rain pants, raincoats, and waterproof shoes
- Zip-bloc bags can be used to keep any of your items dry
- A waterproof backpack to keep everything dry

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## TREKKING POLES

- Helps enhance your stability and reduces the force on your knees
- They are adjustable in height
- Helpful in slippery and rock terrains

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## EMERGENCY KIT

- If an accident ever occurs you want to be prepared
- Having a whistle, a flashlight, portable charger, and batteries
- Having an antibiotic cream, bandaids, and alcohol wipes
- A satellite communicator is also part of this

Being prepared can help you have a stress-free hike!