

Packing for a Hike

The “10 Essentials” System: Be Prepared For Anything!

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NAVIGATION

- Navigation tools include a map of the area, compass, GPS device, etc.
- Make sure you are familiar with the area you are hiking and have the proper tools to navigate (and know how to use them!)
- Make sure someone knows where you are in

2

HEADLAMP/ FLASHLIGHT

- Even if you are planning a day hike, have these on hand for emergencies in case you are out longer than expected.
- A headlamp will allow you free use of your hands.
- Have extra batteries at the ready, too.

3

SUN PROTECTION

- Sunglasses, sun-protective clothes, hats and sunscreen will protect you from the sun.
- Remember to reapply sunscreen as needed.
- Remember, it doesn't have to be sunny for you to get a sunburn!



8. Extra Food

- Always pack extra food just in case
- Things like extra energy bars, nuts, dried fruits or jerky are good.

4

FIRST AID

- Includes items such as wound coverings, medications, treatments, and insect repellent.
- You can get handy travel kits that include all the basics.
- Be familiar with basic first aid techniques so you know what to do if you get injured.

5

TOOLS

- A knife or multitool can come in handy in a variety of situations.
- A small gear-repair kit (duct tape, zip ties, super glue, etc). Is also a good idea for small fixes.

6

FIRE

- Ways to make a fire include matches, lighter, tinder and/or stove.
- In case of an emergency, you need to have reliable supplies with you for starting and maintaining a fire.

9. Extra Water

- It's crucial to carry enough water for your outing. Most people need about a half liter per hour during moderate activity in moderate temperatures.

10. Extra Clothes

- Conditions can abruptly turn wet, windy or chilly
- Carry extra clothes beyond those required for your trip and wear layers

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- Emergency Shelter:** -Always carry some type of emergency shelter to protect you from wind and rain like a space blanket or even a garbage bag.