

# HIKING *packing* LIST

## *wear:*

- proper workout attire
- light jacket
- sunglasses
- hiking socks
- hiking boots
- hat

## *in your pack:*

- phone or GPS
- maps
- hiking poles
- water
- hydration tablets
- snacks
- hand sanitizer
- tissues
- toilet paper
- headlamp & batteries
- bug spray
- face & body sunscreen
- chapstick
- bandana
- camera & batteries
- tripod
- medication & inhalers

## *just in case:*

- mini first aid kit:
  - band aids
  - gauze
  - Neosporin
  - allergy pills
  - alcohol wipes
- emergency items:
  - whistle
  - bear repellent
  - lighter & matches
  - emergency poncho and/or space blanket

