TEN ESSENTIALS

Items you NEVER go Hiking without

1. Pocket knife (or Multitool) 2. First Aid Kit 3. Extra Clothing 4. Rain Gear 5. Water Bottle 6. Flashlight 7. Trail Food 8. Matches and Fire Starters 9. Sun Protection / Sunglasses 10. Map and Compass

Those items are MUST HAVES and should be carried on all outings. Items to consider bringing:

11. Method of water treatment / purification 12. Whistle 13. Insect Repellant 14. Time piece / Watch 15. Toilet paper

Items often carried, but not listed as “Essential”:

16. Duct Tape 17. Signal Mirror 18. 50’ of cordage

And last, but not least:

19. ALWAYS TELL SOMEONE YOUR ITINERARY 20. REMEMBER COMMON SENSE !