



# HIKING DAY PACK

ESSENTIALS

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## THE ESSENTIALS

### NAVIGATION

*compass, map, trail markers*

### SUN PROTECTION

*sunblock, hat, bandana (protect the back of your neck and head)*

### EXTRA LAYERS

*temps fluctuate with changing altitude and as the day goes by on certain trails you may need additional protection (i.e. ticks, etc.)*

### LIGHTS

*you can use your phone as a flashlight, but that often won't be enough. bring along a small flashlight or a headlamp.*

### SUSTANENCE

*better to carry more food, water, trek bars, etc. than you need!*

### FOR MCGYVER MOMENTS

*a duct tape and utility knife will often do the trick*

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## MISC.

fire starter  
paracord  
whistle  
trash bag (leave no trace behind)  
pointed end tweezers  
small mirror  
material for shelter (often the emergency space blanket from the first aid kit is ok)

## FIRST AID KIT

antiseptic wipes  
antibacterial ointment  
assorted bandages  
adhesive wound-closure strips  
gauze pads  
medical treatment tape  
pain-relief meds  
insect-sting relief treatment  
antihistamine for allergic rxns  
emergency space blanket