



Day Hike Packing List

- Backpack or fanny back
- 1L of water for every 2 hours
- Trekking pole (1 or 2 depending on terrain)
- Cold towel (depending on weather)
- First aid kit
- Blister kit
- Utility tool (Leatherman or Swiss Army Knife)
- Emergency flashlight
- Toilet paper
- Food
- Emergency matches
- Sun protection (UV shirt, sunscreen)
- Hat
- Navigation (GPS, compass, map, etc.)