



## Outdoor Essentials

- Pocketknife
- First-aid kit
- Extra clothing
- Rain gear
- Water bottle
- Flashlight
- Trail food
- Matches & fire starters
- Sun protection
- Map and compass

## Equipment

- Comfortable daypack
- 1 liter of water for every 2 hours of planned hiking

## Optional Equipment

- Camera
- Paper & Pencil
- GPS
- Water filter
- Trekking poles

## Clothing - Cold Weather

- Long sleeve shirt
- Long pants
- Sweater (fleece or wool)
- Long underwear
- Hooded jacket or parka
- Warm hat (covering ears)
- Mittens or gloves
- Dress in layers

## Clothing - Warm Weather

- Overshirt
- T-Shirt
- Hiking shorts or zip off pants
- Light jacket
- Brimmed hat

## All Seasons

- Bandana
- Hiking (smart wool) socks
- Sturdy shoes