



What goes in your pack for a day hike?

Essential:

YES, This means ALL hikes and everyone – including you

- A minimum of 2 liters of water
- Food – Lunch & Snacks (protein bars, trail mix, complex carbohydrates, etc)
- Waterproof Jacket and Pants + Rain Cover for your pack or large garbage bag
- Extra Layers of Clothing (e.g., fleece, wind protection)
- Hat for the Sun + Warm Hat & Mitts
- Sunscreen & Sunglasses
- First Aid kit (band-aids, scissors/knife, moleskins, duct tape, antibiotic cream, pain medication, lighter, firestarter, etc.)
- Hand Sanitizer, Toilet Paper & Plastic Baggies to pack any garbage out
- Bear Spray & Trail Map (at a minimum several people in each hiking group should have these)

Optional Depending on the Hike:

This depends on you and the situation you are hiking in

- Bug Spray
- Camera/Binoculars
- Gaiters
- Headlamp
- Bandana, Buff, extra socks, extra boot laces
- Cell Phone for emergencies (turned off of course 😊)
- Silver emergency blanket, plastic bags (preferably orange)
- Sitting pad
- Waterproof matches, trail guides, compass, paper, pencil/pen, pencil sharpener
- I.D. with contact numbers, your medication & allergy list

BE SAFE!!!! Anything can happen in the mountains and/or on hikes. Please be prepared as this will help yourself and fellow hikers enjoy the day and get back home safely.