



Exactly What to Pack for Day Hiking

- Hiking Boots
- Day Hiking Backpack
- Clothing Layers
- Rain and Wind Layers
- Food
- Water
- Navigation
- Flashlight or Headlamp
- Sun Protection
- Repair Kit
- First Aid Kit
- Cell Phone
- Small Knife
- Emergency kit - whistle, cord, firestarter, mirror
- Hiking Poles (optional)
- Water Filtration (optional)