

The Must Have

These are the essentials items you should always carry with when you go on a hike :

- Plenty of water
- Sun protection (shades cream and hat)
- First aid kit
- Maps and compass
- Multitools / knife
- Flashlight / headlight
- Snacks
- Food
- Trash bag
- Layering clothes

The best way to bring them with you is with a backpack !

You can find complementary infos with the following links :

[Backpacking Tips !](#)

[First Aid Kit Essentials !](#)