

WHAT TO PACK FOR HIKING



THE TEN ESSENTIALS

- Navigation
- Sun protection
- Insulation
- Illumination
- First aid
- Fire starter
- Repair kit and tools
- Nutrition
- Hydration
- Emergency shelter



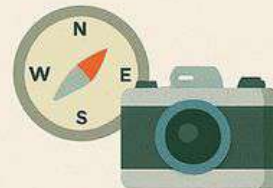
FIRST AID AND EMERGENCY GEAR

- First-aid kit
- Whistle
- Emergency blanket
- Fire starter
- Multi-tool



FOOD AND WATER

- Plenty of water
- High-energy snacks
- Lunch
- Water filter or purification tablets



EXTRAS

- Trekking poles
- Sit pad
- Camera
- Power bank
- Trash bag



CLOTHING

- Weather-appropriate layers
- Hiking pants or shorts
- Hiking socks
- Hat and gloves
- Rain jacket or poncho



NAVIGATION

- Map and compass
- GPS device or app
- Power bank
- Trash bag