

# ONE DAY HIKING LIST

## *Gear*

- Day Pack/Backpack
- Map
- Compass
- Knife or Multi-tool
- Moisture-wicking Clothing
- Clothing Layers
- Lightweight jacket
- Hiking Boots/Sturdy Shoes
- Socks
- Packable Rain Jacket
- Hats
- Sunglasses
- Water Bottles
- Frozen Plastic Water Bottles
- Trail Snacks
- Lunch
- Extra Food
- First Aid Kit
- Lighter/Matches
- Whistle
- Hand Sanitizer
- Feminine Products
- Sunscreen
- SFP Lip Balm
- Insect Repellant
- Toilet Paper
- Huggies Wipes
- Plastic Bag
- Alcohol Wipes
- Blister Treatment
- Headlight/Flashlight
- Binoculars

## *Optional*

- Tripod
- Drone
- Scarf