



HIKING 10 ESSENTIALS CHECKLIST

MAP		
COMPASS		
WATER		
▪ BOTTLES		
▪ HYDRATION RESERVOIR		
▪ WATER FILTER		
FOOD		
▪ EXTRA DAY		
EXTRA CLOTHING		
▪ JACKET		
▪ VEST		
▪ PANTS		
▪ GLOVES		
▪ HAT		
FIRE STARTER		
▪ MATCHES		
▪ LIGHTER		
FIRST AID KIT		
KNIFE		
HEADLAMP		
▪ FLASHLIGHT		
▪ EXTRA BATTERIES		
SUNGLASSES		
▪ SUNSCREEN		
▪ LIP BALM		
▪ BUG REPELLENT		

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