

The Ten Essentials

Be prepared before you go outdoors!
Pack these categories depending on the intensity of your hike.

☐ NAVIGATION

*Map and compass, GPS unit, or a local trail map.
Know your destination and the surrounding area.*

☐ CLOTHING

*A base to keep warm, and a shell to keep dry.
Dress in layers that you can swap during the day.*

☐ SUNSCREEN

*Lotion, sunglasses, or even a wide-brimmed hat.
Protect yourself from sunburns, including in winter.*

☐ LIGHT

*Don't forget to charge it or pack extra batteries!
A headlamp is a great hands-free option.*

☐ WATER

*Bring more than needed, or a purification method.
Leave extra in your car for the end of the trip.*

☐ FOOD

*Choose something that will sustain your energy.
Items with a long shelf life can last multiple trips.*

☐ KNIFE

*For gear repairs, food preparation, making kindling,
and more. A multitool can offer more flexibility.*

☐ FIRE

*Waterproof matches, a lighter, and/or a tinderbox.
Consider a portable stove in areas without firewood.*

☐ SHELTER

*Just in case you spend the night unexpectedly.
Think emergency blanket, not a tent back at camp!*

☐ FIRST AID

*Get familiar with your kit before an emergency.
Include ointments and bandages for blisters.*