

# HIKING CHECK LIST

- DAY HIKE CLOTHING
- SOCKS, EXTRA SOCKS
- HIKING SHOES
- HIKING PACK
- WATER
- FOOD
- NAVIGATION
- EXTRA PHONE BATTERY
- SUNSCREEN
- HAT
- SUNGLASSES
- JACKET
- RAIN JACKET
- HEADLAMP
- EXTRA BATTERIES FOR HEADLAMP
- FIRST AID
- INSECT REPELLENT
- MEDICATIONS
- REPAIR KIT
- KNIFE
- LIGHTER