

HIKING CHECK LIST

- **NAVIGATION:**
Map, compass, altimeter, GPS device, personal locator beacon (PLB) or satellite messenger.
- **LIGHTING SOURCE:**
Headlamp and/or flashlight, plus extra batteries (and a way to keep them warm).
- **SUN PROTECTION:**
Sunglasses, sun-protective clothes and sunscreen.
- **FIRST AID KIT:**
Including an emergency blanket.
- **KNIFE OR MULTI-USE TOOL:**
Plus a gear repair kit.
- **HEAT:**
You might need a way to make fire on your adventure, so don't forget matches, lighter, tinder and/or small portable stove.
- **SHELTER:**
Carried at all times (can be a light emergency bivy)
- **EXTRA FOOD:**
Beyond what you think you might need; good, rounded sources of fuel
- **EXTRA WATER:**
Beyond the minimum expectation
- **EXTRA CLOTHES:**
Another warm layer, gloves, hat, socks, etc.