



Things to bring on a hike:

Day pack

ID, Debit Card/Cash

Medicare Card & Special Medications that you may need

Water & Snack/Packed lunch *depending on the hike

Good hiking boots or trail runners

Hat

Light rain jacket with a hood *to keep in your pack

Small first-aid kit

Whistle

Compass

Lighter

Head lamp or flashlight

Small knife

Strong twine

Thin plastic sheet or small light tarp

Emergency blanket

Sunscreen, Lip Balm, Sunglasses

Bandana, scarf or buff

TP, hand wipes, hand sanitizer

Hiking Poles *optional

(seasonal)

Head net/insect repellent *in bug season

Hunter's orange vest *for fall hiking

Icers + snowshoes *for winter walking

Water shoes *for water crossings in summer