



## **Day Hike Equipment List**

- Two quarts of water
- Day pack or hip pack
- Lunch
- Snack (trail mix or other "energy" food)
- Hiking boots
- Extra pair of socks
- Hat
- Neckerchiefs (at least 2)
- Appropriate clothing (be prepared for warm weather, cold weather, wet weather)
- Gloves
- Whistle
- Flashlight
- First Aid Kit: Find the First Aid List in your handbook and put together a kit with those items.
- Toilet paper
- Sunscreen
- Lip balm
- Insect repellent
- Compass
- Field uniform for travel (Class "A")
- Activity uniform for hike (Class "B")
- Watch (optional)
- Camera (optional)
- Sunglasses (optional)
- Medication: Personal medication as needed - Bee Sting Kit, Inhaler...
- Nature guides (optional): Tree Finder, Flower Finder, Bird Finder, Animal Tracks...