



Hiking Checklist

Navigation

- Map
- Compass
- GPS (optional)
- Flashlight/extra battery

Sun Protection

- Sunscreen
- Lip balm
- Sunglasses

Warm Clothing

- Jacket, vest, long underwear, gloves, hat

First-aid

- First-aid kit

Fire

- Matches/lighter
- Waterproof container

- Fire Starter (emergency survival)

Food

- Extra day of food and water
- Extra water

Emergency Shelter

- Tent or reflective blanket

Misc.

- Signal mirror
- Whistle
- Bell if in bear country
- Tissue
- Daypack
- Insect repellent
- Emergency poncho for rain
- Knife
- Multitool
- Hand sanitizer

Any trip should include one of the following:

- 1.) The safest plan is to fish, hike or camp using the buddy system with someone familiar with your capabilities and weaknesses.
- 2.) If going alone at the least leave a packet with a loved one or friend containing your location and expected return, maps of the area etc. List any known drug allergies, medical conditions, blood type, primary physician, emergency contact numbers etc.
- 3.) At the very minimum with social media being as it is, post a selfie on Facebook prior to engaging on your outdoor adventure. Tag a location and friends. Make mention of the type boots or shoes worn, heck post a picture of them or the tread. You have nothing to lose and everything to gain. This will at least give rescuers your last known location, a recent clear photo which would include the articles of clothing you were last seen wearing and shoe tread to track.

