



THE ESSENTIAL HIKING LIST



- FIRST AID KIT / BENADRYL
- MATCHES
- INDIVIDUAL CAMELBACK
- FLASH LIGHT
- BEAR SPRAY
- POCKET KNIFE
- WET WIPES
- BAGGIES
- PROTEIN BARS
- SUNSCREEN / HAT
- KLEENEX
- WARM LAYER
- PACKABLE RAIN GEAR
- COMPASS
- SUNGLASSES
- WALKIE TALKIES