

Must-Haves for Hiking



FIRST AID

- ☐ Band-Aids
- ☐ Cleansing Wipes
- ☐ Antibiotic Ointment
- ☐ Q-Tips
- ☐ Gauze Pads
- ☐ Gloves
- ☐ Hand Sanitizer
- ☐ Ace Bandage
- ☐ Blister Pads
- ☐ Tweezers
- ☐ Scissors
- ☐ Needle
- ☐ Pain Relief
- ☐ Burn Relief

GENERAL

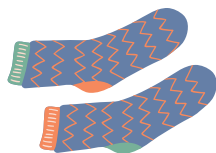
- ☐ Backpack
- ☐ Hiking Boots
- ☐ Trekking Poles
- ☐ Water Bottles
- ☐ Water Bladder
- ☐ Water Filter
- ☐ _____
- ☐ _____
- ☐ _____

WEATHER



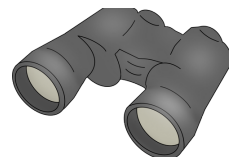
- ☐ Sunscreen
- ☐ Sunhat
- ☐ Microspikes
- ☐ Rain Jacket
- ☐ Puffer Jacket
- ☐ Gloves
- ☐
- ☐

CLOTHING



- ☐ Sunshirts
- ☐ Cargo Pants
- ☐ Wool Socks
- ☐
- ☐
- ☐
- ☐

MISC.



- ☐ Bug Spray
- ☐ Bear Spray
- ☐ Poncho
- ☐ Emergency Blanket
- ☐ Hand Warmers
- ☐ Binoculars
- ☐ Headlamp
- ☐ Battery Pack
- ☐
- ☐

- ☐
- ☐
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