

## Hike Plan Equipment List

### 1. Ten Essentials

- Map
- Compass
- Flashlight w/ extra batteries and bulbs
- Emergency Food(must be prepared w/ water)
- Extra Clothing(including rain gear, warm clothing, extra socks/ sock liners)
- Rain Gear
- First Aid Kit
- Pocket Knife
- Fire Starting Kit
- Water

### 2. Other Essentials

- Space Blanket
- Eating Gear(bowl and spoon, fork if desired)
- Sun Protection
- Toilet Paper
- Insect Repellent
- Water Pump or Iodine Tablets
- Trash Bag or other large bag
- Whistle and Signal Mirror
- 50 ft. of Rope

## Trail Lunch

1. Water
  2. Granola Bars or Fruit Roll Ups
  3. Gorp or Trail Mix
  4. Salami, Cheese, Crackers
- Drinks: Kool Aid, Lemonade Mix, Iced Tea Mix