

TEN ESSENTIALS CHECKLIST

1. Navigation

- GPS Device
- Map

2. Illumination

- Headlamp (+ extra batteries)

3. Sun Protection

- Sunscreen
- Sun hat
- Chapstick (with SPF)

4. First Aid

- First aid kit

5. Repair kit & tools

- Knife
- Multi tool
- Duct tape

6. Fire

- Waterproof matches
- Lighter

7. Shelter

- Tent, tarp, bivy, or emergency blanket

8. Nutrition

- Extra day of food

9. Hydration

- Water bottle
- Water filter

10. Insulation

- Rain gear
- Insulated jacket
- Extra socks

**HAVE FUN, STAY SAFE, & FOLLOW THE
LEAVE NO TRACE GUIDELINES!**