

# HIKING CHECKLIST

## WHAT TO BRING ON YOUR HIKE

- Hiking backpack
- Sturdy hiking boots
- Plenty of water
- Plenty of food
- First aid kit
- Cellphone
- Sunscreen
- Weather appropriate clothing
- Navigation tools (compass and map)

## THINGS TO DO BEFORE YOUR HIKE

- Stretch
- Drink lots of water
- Tell someone where you are hiking
- Understand the trail you are hiking
- Get a good night's sleep
- Avoid drinking alcohol