

5 Hour Hike Packing List

10 essentials:

1. Map & Compass
2. flashlight/headlamp
3. Sunscreen
4. First aid kit
5. Knife
6. First starter
7. Emergency shelter
(trash bags/emergency
blanket)
8. Extra Food
9. Extra Water
10. Extra Clothing

Optional Items:

- Water purifier
- Extra bottle
for dirty water
- Hiking boots
- Sunglasses
- Cut up mat
used to sit down
- Camera
- Fishing gear
- Rain Gear
- Watch