

# **Hiking Essentials Checklist**

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Travel Light, Carry Love, Keep the Rhythm

## **The Non-Negotiables**

- Water – Bring more than you think you'll need (hydration pack or refillable bottles).
- Good shoes – Hiking boots or sturdy sneakers with traction.
- Navigation – Trail map (paper/offline), compass, or reliable GPS app.
- Weather protection – Hat, sunglasses, sunscreen; rain jacket if skies look moody.
- Food/snacks – Trail mix, bars, fruit — lightweight but filling.

## **Safety & First Aid**

- First aid kit – Band-aids, blister pads, antiseptic wipes, personal meds.
- Bug spray / tick protection – Especially for wooded or grassy areas.
- Flashlight / headlamp – With extra batteries (even for “easy” trails).
- Whistle – Lightweight and great for signaling if separated.

## **Comfort & Practicalities**

- Wipes / tissues – For hands, faces, and rustic trailhead toilets.
- Hand sanitizer – Quick cleanup on the go.
- Proper disposal bags – For trash, wipes, or pet waste; use bear-proof cans if available.
- Extra socks – Dry feet = happy feet.
- Layers – Light fleece or jacket for changing temps.



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## Optional But Handy

- Trekking poles – Great for uneven or steep terrain.
- Camera / phone – For photos (and GPS if signal allows).
- Notebook / pen – For jotting down trail notes or poetic musings.
- Portable charger – Keeps your phone alive for the ‘Gram *and* emergencies.

## Quick Packing Tips

- Pack light but smart.
- Use a small daypack with adjustable straps.
- Place heavy items (water, snacks) close to your back for better balance.
- Always let someone know your hiking plan — especially if going solo.

 **Pro Tip:** Even on “quick, easy” hikes, toss in wipes and extra water. Future You will send Past You a thank-you postcard.

