

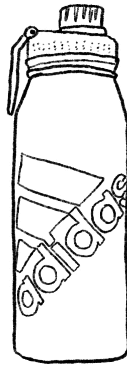


TERREX

12 HIKING ESSENTIALS



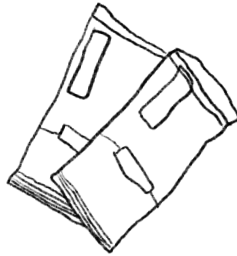
**ITEM 01
BACKPACK**



**ITEM 07
HYDRATION**



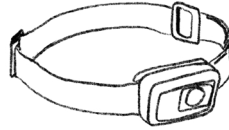
**ITEM 02
NAVIGATION**



**ITEM 08
NUTRITION**



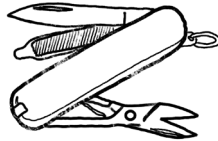
**ITEM 03
SUNSCREEN**



**ITEM 09
HEADLAMP**



**ITEM 04
LIP BALM**



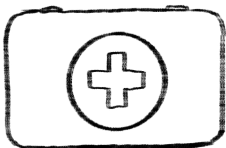
**ITEM 10
MULTI-TOOL**



**ITEM 05
BUG SPRAY**



**ITEM 11
EMERGENCY SHELTER**



**ITEM 06
FIRST AID KIT**



**ITEM 12
FIRE STARTER**

WHAT TO WEAR ON A HIKE

BASE



Start with a sweat-wicking, breathable base layer.

MID



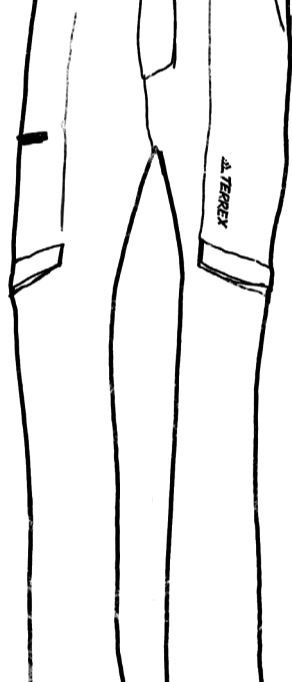
Next, add a layer of insulation. This can be a thick hoodie or a lightweight zip-up.

OUTER



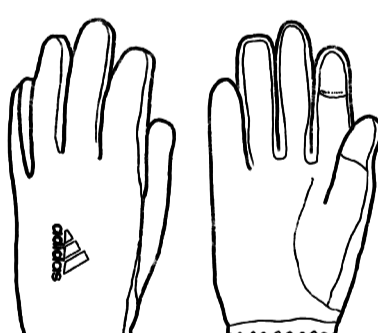
Finally, choose an outer layer for the weather you're in.

PANTS

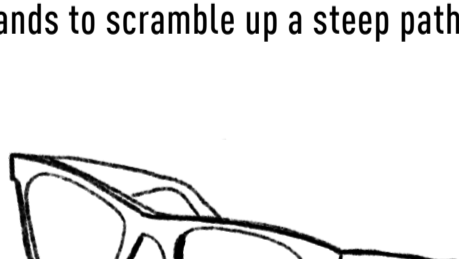


Choose comfortable pants that are easy to move in.

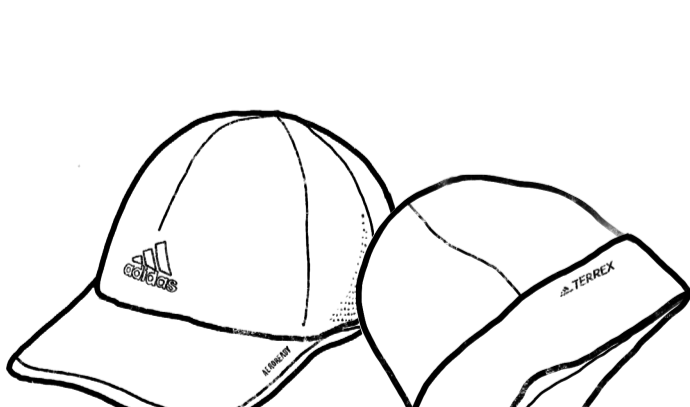
ACCESSORIES AND SHOES



Either for warmth or protection against rocks if you're using your hands to scramble up a steep path.



Protect those eyes! And look super cool, obviously.



Bring a beanie, sun hat or a baseball hat. It's handy to either keep warm or shield the sun or tree branches from your face.



Comfortable hiking shoes will make the biggest impact on your adventure.