

12 HIKING ESSENTIALS

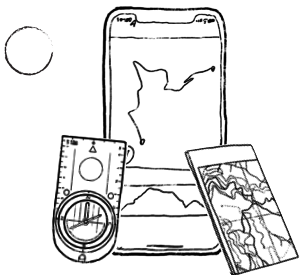
**ITEM 01
BACKPACK**

A good backpack for hiking is the first necessity to hold all your belongings.



**ITEM 02
NAVIGATION**

Most often a phone will be the easiest tool to find your way. Download a map of the trail in case you lose service.



**ITEM 03
SUNSCREEN**

You know the drill—sunscreen all day, any day, even if it's cloudy.



**ITEM 04
LIP BALM**

Just like the sunscreen, keep those lips hydrated and protected with SPF.



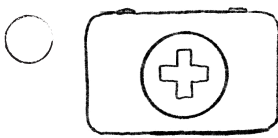
**ITEM 05
BUG SPRAY**

It's nice to have on hand in case you become the snack.



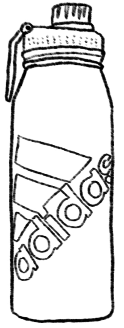
**ITEM 06
FIRST AID KIT**

Find a small first aid kit with all the tools to tend to scrapes, blisters or bug bites. This should live in your bag.



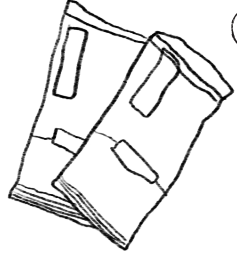
**ITEM 07
HYDRATION**

Pack a half liter of water per hour of hiking. It's better to have more water than not enough.



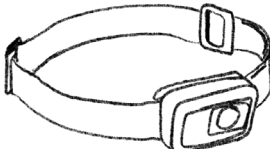
**ITEM 08
NUTRITION**

Every hiker needs fuel to munch on while taking in the view.



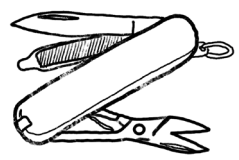
**ITEM 09
HEADLAMP**

In case you find yourself hiking before or after the sun is up, a headlamp will light the way. Check the battery before you go!



**ITEM 10
MULTI-TOOL**

The all-mighty multi-tool, a hiker's saving grace. It's your mini scissors, knife, pliers and more all in one tiny package.



**ITEM 11
EMERGENCY SHELTER**

This can be an emergency blanket sold from your local outdoor store. It can also be as simple as a large garbage bag.



**ITEM 12
FIRE STARTER**

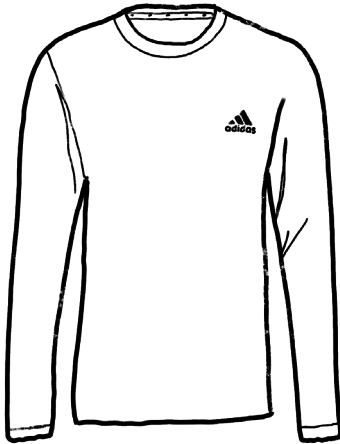
Most day hikes don't involve making a fire, but this is still an essential to have on hand in case of emergency.



WHAT TO WEAR ON A HIKE



BASE



Start with a sweat-wicking, breathable base layer.

MID



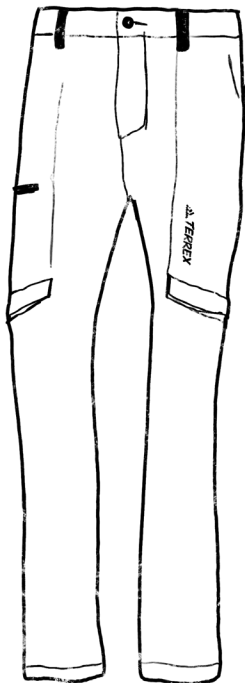
Next, add a layer of insulation. This can be a thick hoodie or a lightweight zip-up.

OUTER

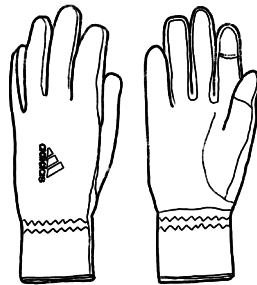


Finally, choose an outer layer for the weather you're in.

ACCESSORIES, PANTS, AND SHOES



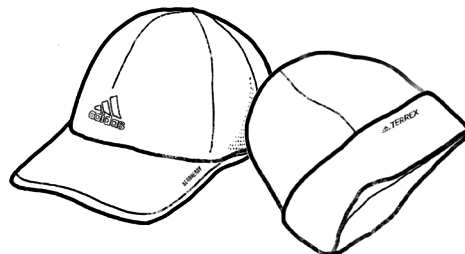
Choose comfortable pants that are easy to move in.



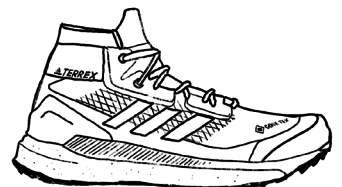
Either for warmth or protection against rocks if you're using your hands to scramble up a steep path.



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.