

## Day Hike Things to Bring List

- Day Pack
- 2 Quarts of Water
- Wear comfortable clothes / check forecast and dress appropriately
- Hiking boots
- Rain Gear
- Lunch
- Personal First Aid kit: include Moleskin & baby powder / Goldbond powder
- Snack / Trail Food
- Permission Slip

### ***Optional Gear***

- Hat
- Stocking Hat
- Thin / Liner gloves
- Warm Gloves
- Extra pair of socks
- Trekking Poles / Hiking Stick
- Compass / GPS
- Camera