

# Must-Haves for Your Beginner's Hiking Pack

## 1 LIGHTWEIGHT PACK

JUST BEGINNING? THIS COULD EVEN BE A FANNY PACK! WHEN I STARTED, I THOUGHT I HAD TO HAVE THE "BEST & BIGGEST." HOWEVER, I QUICKLY LEARNED THAT THE WEIGHT ALONE WAS ANNOYING. KEEP IT LIGHT AND SIMPLE TO START!

## 2 WATER

THIS IS A MUST! HAVE A WATER BOTTLE YOU LIKE WITH YOU ALL THE TIME! MANY WOULD SAY TO PACK EXTRA WATER IN YOUR PACK, BUT IF YOU'RE JUST STARTING OUT, A FULL BOTTLE SHOULD DO JUST FINE. I ALSO LEAVE A GALLON OF WATER IN MY CAR TO REFILL BETWEEN LOCATIONS!

## 3 SNACKS

A SIMPLE SNACK CAN GIVE YOU THE PUSH TO KEEP GOING OR THE EXCUSE TO TAKE A BREAK! CHOOSE SOMETHING YOUR BODY WILL LOVE - PROTEIN DRINK OR BAR, NUTS, DRIED FRUIT, OR JERKY ARE GREAT OPTIONS.

## 4 SAFETY CHECK & NAVIGATION

BEFORE YOU HEAD OUT, SHARE YOUR LOCATION OR TEXT A FRIEND WHERE YOU ARE. THEN, CONFIDENCE COMES WITH KNOWING WHERE YOU'RE HEADED! TRAIL MAP APPS SUCH AS ALLTRAILS OR STRAVA CAN RECORD & NAVIGATE. IT HELPS TO SEE WHERE YOU'RE HEADED AND WHERE YOU'VE BEEN. CAN'T USE NAVIGATION WHERE YOU ARE? TAKE A PICTURE OF THE MAP WHEN YOU ARRIVE AND HONE YOUR MAP-READING SKILLS!

## 5 FIRST AID KIT

IT DOESN'T COST MUCH ROOM IN YOUR PACK TO BE PREPARED FOR AN ACCIDENT! A SIMPLE TRIP ON A TREE ROOT OR FALL IN THE MUD COULD RESULT IN THE NEED TO COVER UP A CUT. A BEE STING/SNAKE BITE KIT IS ALSO GOOD TO HAVE ON HAND. CARRY A SMALL FIRST AID KIT WITH YOU AND HOPE YOU WON'T NEED IT!

## 6 EXTRA SOCKS

WET FEET ARE THE WORST. I CAN'T TELL YOU HOW MANY TIMES I'VE STEPPED IN WATER A LIL' TOO HIGH AND HAD TO CHANGE OUT MY SOCKS! IT WON'T TAKE UP MUCH PACK SPACE TO THROW IN A SMALL BACKUP PAIR.

## 7 LIGHT SOURCE

A SMALL FLASHLIGHT THAT CAN BE STORED IN YOUR PACK OR HANGING OFF THE SIDE CAN BE A SIMPLE THING TO GIVE YOU CONFIDENCE IN DARK SPACES. IT CAN ALSO HELP TO IDENTIFY THAT MUSHROOM OR BIRD SPECIES TOO FAR OFF THE TRAIL TO SEE!

## 8 EMERGENCY SUPPLIES

IF YOU'RE GOING TO A PLACE MORE REMOTE THAN A COUNTY PARK OR LOCAL TRAIL, YOU MAY WANT TO BE A LITTLE MORE PREPARED FOR THE UNKNOWN. REMEMBER - THE FURTHER YOU ARE FROM THE FAMILIAR, THE MORE YOU SHOULD PREPARE FOR THE UNEXPECTED. HAVING ANY OF THESE EMERGENCY SUPPLIES CAN GIVE YOU THE ASSURANCE YOU NEED TO HEAD OUT ON THAT NEW TRAIL!

### BONUS IDEAS TO KEEP IN YOUR CAR!

- GALLON OF DRINKING WATER TO REFILL AS NEEDED
- SUNSCREEN AND LIP BALM SO YOU DON'T NEED TO TAKE UP SPACE IN YOUR PACK!
- EXTRA SUNGLASSES - IN CASE THE WEATHER CHANGES AND YOU LEFT YOURS AT HOME.
- JOURNAL AND PEN TO JOT DOWN MEMORIES OR MEDITATIONS AS YOU SPEND TIME REDISCOVERING YOURSELF OUT IN NATURE.

- FIRE STARTER - A BUTANE LIGHTER AND FIRESTARTER SUCH AS A SMALL PACK FROM A STORE OR A RESEALABLE BAG WITH VASELINE AND COTTON BALLS
- EMERGENCY BLANKET
- RAIN PONCHO
- CHANGE OF CLOTHES
- BACKUP WATER BOTTLE

