

# Hiking Checklist

## Essential Gear

- Hiking Footwear/Boots
- Weather Appropriate Clothing Layers
- [Hiking Backpack](#)
- Navigation Tools
  - Map
  - Compass
  - GPS
- [First Aid Kit](#)
- Hydration System
- [Snacks/Meals](#)
- Emergency Supply Kit
  - Emergency Blanket
  - Headlamp
  - Signaling Device
  - Fire Starting Materials

## Personal Items

- Sun Protection
- Insect Repellent
- Personal Medications
- Multi-tool or Knife
- Identification and Emergency Contact Information

## Optional Gear and Accessories

- Trekking Poles
- Gaiters
- Traction Chains
- Binoculars
- Camera or Smartphone
- Portable Charger
- Charging Cords

## Additional Considerations

- Rain Gear
- Snow Gear

