

# Day Hike Supplies List

“Learning how to make yourself comfortable Outdoors”

## EMERGENCY PLAN:

Tour Permit (trip Plan) 5 W's: Who, What, Where, When, Why and “add” How  
Physicals Forms  
Release to Treat Forms  
Hold Harmless Forms

\*\*\* Use “Leave No Trace” methods

\*\* Be ready for a hike!

Appropriate clothing for the suspected weather, Good Walking or climbing Shoes  
Rain gear, Extra clothes and extra socks, Hat for shade or warmth.

First Aid Kit, sunscreen

Water for Drinking or cooking/ 2liter per day, per person. Mug or cup.

Food or snacks for the expected duration of the hike.

Food for the trail/ Trail mix etc. Things to eat on the Go! Short breaks keep your energy level UP! (5 min break every 45min to 1hour)

Fire starter or matches in a water tight container, you never know when you'll be stuck somewhere and need to have warmth.

Pocket knife

Flashlight (check batteries)

Trash bags or containers

T.P.

Cell Phone for Emergencies

Compass, Topographical Maps, Camera, Batteries, Note pad, Pen, pencil