THE 10 ESSENTIALS OF HIKING

While at The Summit participants will be carrying a day pack for the items they will need throughout their experience. A good guide for what you will be carrying is the “10 Essentials for Hiking.”

1. Navigation Materials Map and Compass are essential to knowing and finding your way. GPS can be a great and useful tool, but you should also have the basic map and compass in case technology fails.

2. Water Staying hydrated is key. If hiking in a wilderness area water treatment or filtration should be brought as well. (At the Summit, there is potable water at all activity areas.)

3. Food Make sure to bring enough food appropriate for the planned length of your hike.

4. Sun Protection Sunscreen, hats and sunglasses are all great tools to protect you from the sun’s rays.

5. Appropriate Clothing Depending on the time of year, make sure to have clothing and weather protection for the conditions you may encounter. This could include rain gear, fleece sweater, a winter jacket etc.

6. Fire Starter Matches and or lighter.

7. First Aid Kit appropriate for your time and group size while at the Summit.

8. Illumination Flashlight or head lamp.

9. Repair and Tool Kits Make sure to bring supplies to fix common problems with any items you may have. A multi-tool style pocketknife is an efficient way to bring a lot of tools.

10. Emergency Shelter A tent, tarp, or space blanket for emergency shelter.