

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.