

# SUMMER DAY HIKE

## WHAT TO PACK

### CLOTHES

- ☐ RAIN JACKET
- ☐ TANK TOP
- ☐ LONG SLEEVE / BASE LAYER
- ☐ SWEATER
- ☐ SHORTS
- ☐ BALL CAP
- ☐ PANTS / LEGGINGS
- ☐ WARM HAT
- ☐ LIGHTWEIGHT SOCKS
- ☐ WOOL SOCKS
- ☐ GLOVES

### WELL BEING

- ☐ SUNGLASSES
- ☐ SUNSCREEN
- ☐ SWIM SUIT
- ☐ BUG SPRAY
- ☐ HAND SANITIZER
- ☐ CHAPSTICK (WITH SPF)
- ☐ ELECTROLYTES
- ☐ TOWEL
- ☐ PAIN RELIEF (IBUPROFEN)

### GEAR

- ☐ BACKPACK
- ☐ MICROSPIKES
- ☐ COMFORTABLE SHOES
- ☐ HYDRATION PACK
- ☐ HEADLAMP
- ☐ BEAR SPRAY
- ☐ FIRST AID KIT
- ☐ CAMERA

### SNACKS/STORAGE

- ☐ PROTEIN BARS
- ☐ TRAIL MIX
- ☐ APPLES
- ☐ FRUITS
- ☐ PEANUT BUTTER PACKET
- ☐ STASHER BAG
- ☐ HYDROFLASK
- ☐ WATER (2L)

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