

# Hiking Essentials

In addition to the 10 Essentials, please reference the following items.

- **EQUIPMENT**
  - Backpack
  - Hiking boots (required for scouts, recommended for adults)
  - Hiking Poles (optional)
  - Sunglasses
  - Hat
- **CLOTHING**
  - Dress in layers
    - Know your own body – plan accordingly
    - Mountain weather is unpredictable
    - Lightweight windbreaker recommended
  - Hiking socks
    - Sock liners recommended
  - NON-cotton clothing recommended – especially t-shirts
    - Class-B shirt (wicking shirt) works great
    - Cotton tends to get wet and stay wet
- **FOOD**
  - Start with a hearty breakfast
    - Protein and carbohydrates
  - Trail food
    - High Energy light weight
      - Nuts, raisins, trail mix
      - Energy bars
  - Sack lunch
    - Personal Preference
      - Sandwich, etc.
  - 2 liters of water
    - Nalgene water bottles are best
    - Bladders not recommended