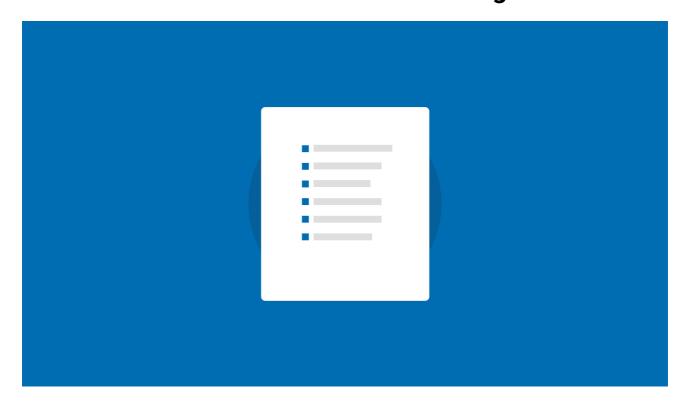
## The 10 Essentials of Hiking



## Ten Things You Should Bring on Every Hike

1. Appropriate footwear. For a short day hike that doesn't involve a heavy pack or technical terrain, trail shoes are great. For
longer hikes, carrying heavier loads, or more technical terrain, hiking boots offer more support.
2. Map and compass/GPS. A map and compass not only tell you where you are and how far you have to go, it can help you
find campsites, water, and an emergency exit route in case of an accident. While GPS units are very useful, always carry a map and compass as a backup
3. Extra water and a way to purify it. Without enough water, your body's muscles and organs simply can't perform as well.
Consuming too little water will not only make you thirsty, but susceptible to hypothermia and altitude sickness.
4. Extra food. Any number of things could keep you out longer than expected: getting lost, enjoying time by a stream, an
injury, or difficult terrain. Extra food will help keep up energy and morale.
5. Rain gear and extra clothing. Because the weatherman is not always right. Dressing in layers allows you to adjust to
changing weather and activity levels. Two rules: avoid cotton (it keeps moisture close to your skin) and always carry a hat.
6. Safety items: fire, light, and a whistle The warmth of a fire and a hot drink can help prevent hypothermia. Fires are also a
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smartly. Don't forget the rain cover; some packs come with one built-in. Keep the other Essentials in the pack and you'll always be ready to hit the trail safely.
BONUS: Trash Bag. This 11th piece of gear is essential to making sure that the trails you love stay beautiful for generations to come. A zip lock bag is a great option as well for keeping the trash you pick up along the trail separate from the rest of your gear.
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