

The 10 Essentials (+1)

for Hiking and Camping



Navigation (map and compass, GPS with extra batteries)



Sun protection (sunglasses & sunscreen)



Insulation (extra clothing)



Illumination (headlamp/flashlight) with extra batteries



First-aid supplies



Fire (waterproof matches/lighter/candle)



Repair kit & multi-tools/knife



Nutrition (extra food)



Hydration (extra water/filter)



Emergency shelter



+ Smart phone