



Day Hikes: Plan, Pack and Proceed

Remember: Let someone know your "trail plan" and estimated trail exit time. Utilize your common sense, be safe and enjoy!

Updated Ten Essential "Systems" (not in order of importance)

1. Navigation (map, compass)
2. Sun protection (sunglasses, sunscreen, hat)
3. Insulation (extra clothing= wind/water "proof" and warm)
4. Illumination (headlamp, flashlight, extra batteries)
5. First-aid supplies (foot care, personal meds., repellent)
6. Fire (fire-starting tool/lighter in waterproof container)
7. Tools and Repair Kit (knife/multi-tool, duct tape, trowel)
8. Nutrition (extra food, fuel for stove)
9. Hydration (extra water, water purification tablets)
10. Emergency shelter (space blanket, tarp, paracord, whistle)

Please visit www.GreatParks.org for recreational and educational opportunities!