

# HIKING 101 CHECKLIST

Outdoorsy



## GEAR UP

- BACKPACK
- HIKING BOOTS
- NAVIGATION TOOLS
- FIRST AID KIT
- FOOD AND WATER
- KNIFE OR MULTI-TOOL

## STOCK UP ON FOOD & WATER

## DRESS APPROPRIATELY

## TEST OUT GEAR

## SHARE YOUR PLAN

## CHOOSE ROUTE

## FOLLOW TRAIL ETIQUETTE

