

## DAY HIKE PACKING LIST

- let someone know your route + ETR
- trail map + area map + compass
- first aid kit + emergency blanket
- 1L water (min) + electrolytes
- all-the-snacks + meal(s)
- toilet kit incl paper, wipes, zip bag
- plastic bag(s) for trash
- headlamp + spare batteries
- bug spray + bear spray + tick key
- sunglasses + sunscreen + hat
- matches + lighter + stove
- knife + ducttape
- cellphone + emergency locator
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## POST HIKE KIT LIST

- sandals (or comfy shoes)
- fresh clothes + deodorant
- sticky lint roller (tick protocol)
- plastic bag for wet/dirty hikers
- plastic bag for wet/dirty clothes
- extra water + extra meal/snacks
- baby wipes/towel
- warm layer(s)
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## CAR KIT PACKING LIST

- day pack + hiking boots
- post hike kit
- road map
- extra water + snacks
- small amount of emergency cash
- cell phone charger
- hiking poles
- first aid kit + glow sticks
- blanket / sleeping bag
- garbage bags
- paper + pencil/pens
- full tank of gas + positive vibes!
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