

10 Essentials for Outdoor Activities

- Pocketknife or Multi-tool
- Personal First Aid Kit: Band-Aids, alcohol towelette, moleskin, antibacterial ointment, a 2x2" square of duct tape, small amount of toilet paper
- Extra clothing: (dry socks in a ziplock bag)
- Waterproof jacket with a hood or a rain poncho
- Water bottle(s) (at least 1 liter)
- Flashlight or headlamp
- Food: snacks for trail
- Matches (keep dry)
- Map and compass (maps will be provided)
- Sunscreen and insect repellent (warm weather only)