



10 HIKING ESSENTIALS THAT FIT IN YOUR BACKPACK

Planning a day trip on the trails? Here's a list of 10 exploration essentials you'll need in your backpack.

NAVIGATION

- Map & compass or GPS
- Cellphone, waterproof case & portable charger

SAFETY & PROTECTION

- Sunscreen & SPF-rated lip balm
- Bug repellent
- Flashlight
- First-aid kit
- Knife or multi-tool
- Sanitizing wipes

NUTRITION & HYDRATION

- Food for the day
- Water bottle + filter