

HIKING CHECKLIST

- Hiking stick
- Waist/fanny pack
(preferably with two water bottle holders)
- Full water bottles
- High calorie food like energy bars
- Waterproof footwear – broken in
- Rain gear
- Hat
- Extra clothing appropriate for layering
- Compass/GPS
- Flashlight
- Extra batteries
- Map of area
- Pocket knife
- Coleman® First Aid Kit
- Personal medications
- Coleman® Potable Aqua Water Purification Tablets
- Whistle
- Matches (waterproof, or in a waterproof container)
- Biodegradable toilet paper (in waterproof bag)
- Sun glasses
- Watch
- Coleman® Insect Repellent
- Coleman® Sunscreen
- Camera
- Binoculars
- Nature book
- Rope
- Gloves
- Plastic bags



First Aid

www.colemanfirstaid.com