



Hiking Essentials Checklist

Courtesy of the Emily M. Sotelo Safety and Persistence Charitable Foundation

Packing List:

- Map
- Compass
- Warm Clothing
- Sweater or Pile Jacket
- Log Pants (wool or synthetic)
- Hat (wool)
- Emergency Blanket
- Extra Food and Water
- Flashlight or Headlamp
- Matches or Firestarter
- First Aid Kit
- Repair Kit
- Whistle
- Rain and Wind Jacket
- Pocket Knife

ADD for Above the Tree Line:

- Crampons
- Face Mask
- Ice Axe
- Goggles

ADD for Avalanche Terrain

- Avalanche Transceiver
- Avalanche Probe
- Snow Shovel
- Snowshoes

ADD for Winter Conditions

- Extra-Warm Clothing
- Insulated Parka
- Mittens
- Balaclava
- Insulated Boots
- Overmitts