

List of Supplies for a Day Hike

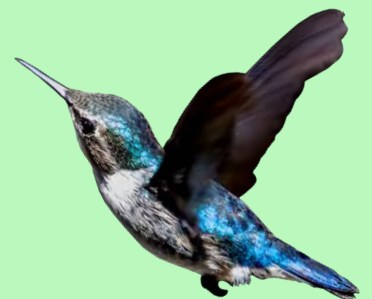


THE FIRST IS ENDURANCE

Most hikes are for just a few hours. But sometimes, a few hours can lead to overnight because of circumstances not under your control, including a change in the weather, injury, even a sudden illness.

It's wise to plan for the unexpected. **If you live alone who is your go-to person if you need assistance?** Start with informing those in your household where you are going and for how long you expect to be away. Let them know.

This is coming from One woman's gripping story of surviving being lost for 11 days in Colorado's Rocky Mountain Wilderness.



List of Supplies for a Day Hike

For ANY hikes, you should have ...

- GPS/Satellite/Smartwatch accident alert
- Install the Hiker Alert App on your mobile – Shares vital information with your family and friends.
- Fully charged phone and solar charger
- Flashlight – have extra batteries
- Firestarter/Lighter
- Waterproof Matches
- Sunscreen at least 30spf
- Bug Repellent
- Water Purifying Bottle
- Feminine supplies (may even be used as first aid)
- Medications
- Compass
- Whistle
- Mirror
- Space blanket
- Knife
- Nutrition (2 days' worth)
- First Aid Kit/Hand Disinfectant
- Duct Tape
- Raingear
- Backpack

Backup Emergency Kit for Car

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- Mini brush/comb & Hairband
- Travel Toothbrush/Toothpaste
- Powder Electrolyte Packets
- Gallon of Water
- Roadside Car Emergency Kit/LED Road Flares
- Socks
- Gloves, Wool Stocking Cap
- Pants & Long-Sleeved Shirt
- Warm Jacket
- Blanket & Small Pillow
- Sturdy Shoes
- Tissue/Toilet Paper, Wet Wipes
- Garbage Bags
- Reading Material/Trivia Game/Paper & Pen
- Protein bars & Snacks