



Keystone Trails Association Hiking Weekend Packing List

- Daypack for snacks/water/lunch/layers
- Map of where you're hiking and other navigation tools
- Refillable water bottle or hydration bladder
- Food
- Poncho/raincoat or waterproof shell
- Comfortable hiking boots or shoes (waterproof is best so you can stay on the trail even if there are puddles)
- Bug spray/bug netting
- Sunscreen & sunglasses
- Flashlight/headlamp and extra batteries
- Any medications you are currently taking, personal toiletries
- Camera/binoculars
- Hiking stick/trekking poles
- Waterproof gaiters to keep your feet dry and repel ticks
- Warm layers, hat, and gloves
- Basic first aid kit & an emergency contact for you in this kit
- Whistle (in case you get lost or to aid rescuers in locating an injured hiker)
- Multipurpose tool to repair gear