



Recommendations For Hiking

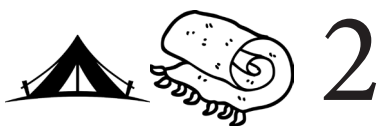
Hiking is great for the mind, body, and soul. But are you *prepared* for hiking? Here's a helpful guide for items you may consider bringing with you, and other important tips to remember before setting off for the trails!



1



Map and compass. GPS batteries can run out, compasses can come in handy if you're headed off the beaten path!



2

Shelter and blanket. Even if it's just a day trip, the weather can turn quickly in remote or arduous areas.

3



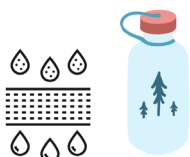
Firestarter. Being able to safely light a fire for food and warmth is critical.



4

First aid kit. Always have medical supplies handy when traveling in remote areas!

5



Water bottle and water filter. Staying hydrated is crucial for hiking safely, so is drinking safe water.



6

Sun, bug, and skin protection. Always be prepared to protect yourself from the elements.

7



Multitool or pocket knife. Tools can become necessary for fixing equipment or getting you out of a jam.

9



Extra clothing. Wet socks or other garments need to be changed immediately.



8

Food and food replacement items. Typically expect to burn 200-300 calories an hour while out hiking.



10

Flashlight or head lamp. The sun sets on longer hikes, be prepared.



11

GPS spot device. Devices like these can help you, and others, know where you are at all times. Not essential, but highly recommended for intense hikes.



Let someone know where you're going. Friends or family members that know where you're going can save your life in an emergency.



Pick up after yourself and your pets. This is respectful to the environment, wildlife, and cultural rights of Tribal Nations.

