

Short Day Hike List

*Hiking List of what to bring on a short hike
Prepared by Melanie's Hiking*

OVERVIEW & PURPOSE

Planning a day hike is not an easy task. Below are a few items of what to bring for a short 1 - 2 hour hike.

What to bring

1. Backpack
2. Trekking poles
3. Hat

What to pack

1. Towel (to sit, dry off, etc...)
2. snacks
3. Water (lots of water)
4. Whistle
5. Sun screen
6. First Aid kit
7. Lunch (if hiked to 12pm - 3pm)

Rule of Thumb

Please note that eating a full meal would not be a great idea before your hike. I prefer you to eat something light such as a protein bar or banana.

Always stretch prior to hiking.

Have FUN!