



## PREPARING FOR A DAY HIKE

### What to wear:

- Weather-appropriate clothing, such as: long pants/shorts; long-sleeved collared t-shirt; and light, warmer layers
- Good footwear, like hiking boots or running shoes
- Socks
- Sun hat with a wide brim

### What to bring in a small backpack:

- Raincoat (waterproof and long enough to go over your bottom)
- Rain pants if it's forecast to be very wet
- Water in a leak-proof bottle (at least 2L if you'll be out all day)
- Lunch
- High-energy snacks like scroggin, muesli bars
- Sit-upon (a small piece of plastic or tarpaulin to protect your bottom from the soggy ground)
- First Aid kit
- Be Prepared kit: compass, map, sunscreen, head torch, matches, whistle, emergency blanket... what else would you put in your Be Prepared kit?

### Don't forget:

- Check the weather conditions
- Look at the map of where you're planning to go
- Let somebody know where you're going and when you'll be back

