EMERGENCY KIT
- If an accident ever occurs you want to be prepared
- Having a whistle, a flashlight, portable charger, and batteries
- Having an antibiotic cream, bandaids, and alcohol wipes
- A satellite communicator is also part of this

1. CLOTHING
   - Shoes that are lightweight, comfortable, and have a good grip
   - Dress according to the weather
   - Wear comfortable and breathable socks
   - Comfortable clothing

2. SATELLITE COMMUNICATOR
   - Can be used where there is no signal
   - They have a long battery life, can check the weather, and communicate

3. NAVIGATION
   - Have something to know where you are located
   - You can use trail maps, your phone, GPS devices, and compasses

4. RAIN GEAR
   - You can use rain pants, raincoats, and waterproof shoes
   - Zip-bloc bags can be used to keep any of your items dry
   - A waterproof backpack to keep everything dry

5. TREKKING POLES
   - Helps enhance your stability and reduces the force on your knees
   - They are adjustable in height
   - Helpful in slippery and rock terrains

6. EMERGENCY KIT
   - If an accident ever occurs you want to be prepared
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   - Having an antibiotic cream, bandaids, and alcohol wipes
   - A satellite communicator is also part of this

Being prepared can help you have a stress-free hike!

Essentials:
Water
Bring clean water with you to stay hydrated. You can always bring a water filter too.

Sunscreen
Avoid any sunburn our hot days and stay prepared by applying sunscreen.

Bug Protection
When we are outdoors we can encounter a lot of bugs so remember to apply that bug repellent.

Backpack
You want a waterproof, comfortable, with lots of space, and secured backpack.