### Packing for a Hike

The “10 Essentials” System: Be Prepared For Anything!

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| **NAVIGATION**  
- Navigation tools include a map of the area, compass, GPS device, etc.  
- Make sure you are familiar with the area you are hiking and have the proper tools to navigate (and know how to use them!)  
- Make sure someone knows where you are in | **HEADLAMP/FLASHLIGHT**  
- Even if you are planning a day hike, have these on hand for emergencies in case you are out longer than expected.  
- A headlamp will allow you free use of your hands.  
- Have extra batteries at the ready, too. | **SUN PROTECTION**  
- Sunglasses, sun-protective clothes, hats and sunscreen will protect you from the sun.  
- Remember to reapply sunscreen as needed.  
- Remember, it doesn’t have to be sunny for you to get a sunburn! | **FIRST AID**  
- Includes items such as wound coverings, medications, treatments, and insect repellant.  
- You can get handy travel kits that include all the basics.  
- Be familiar with basic first aid techniques so you know what to do if you get injured. | **TOOLS**  
- A knife or multitool can come in handy in a variety of situations.  
- A small gear-repair kit (duct tape, zip ties, super glue, etc). Is also a good idea for small fixes. | **FIRE**  
- Ways to make a fire include matches, lighter, tinder and/or stove.  
- In case of an emergency, you need to have reliable supplies with you for starting and maintaining a fire. | **Emergency Shelter:**  
- Always carry some type of emergency shelter to protect you from wind and rain like a space blanket or even a garbage bag. | **Extra Food**  
- Always pack extra food just in case.  
- Things like extra energy bars, nuts, dried fruits or jerky are good. | **Extra Water**  
- It’s crucial to carry enough water for your outing. Most people need about a half liter per hour during moderate activity in moderate temperatures. | **Extra Clothes**  
- Conditions can abruptly turn wet, windy or chilly.  
- Carry extra clothes beyond those required for your trip and wear layers. |

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