

Equipment you will need:

1. Day Pack – Internal frame or school backpack will be fine
2. Rain Gear – BRING IT! – This will be checked for, so have it on top!
3. Canteen with water
4. Compass
5. Personal First Aid Kit (Make sure it has mole skin in it)
6. Pocket knife with Totin' Chip
7. Flash light (Head lamp will help also)
8. Trail food
 - a. Sandwiches or cheese and crackers
 - b. Fruit drink
 - c. Apples, bananas
 - d. Trail mix: nuts, raisins, small chocolate candy or candy bars
 - e. Oodles of Noodles makes a great lunch
9. Clothing
 - a. Boots or sturdy sneakers
 - b. Wear several layers of shirts, do not wear a heavy jacket, no cotton.
 - c. Light jacket or windbreaker
 - d. Change of socks
 - e. Hat and gloves
 - f. Spare set of socks and shoes for after you are done hiking, trust me, it helps
10. Personal items
 - a. Camera with film and spare batteries
 - b. Watch