

## ESSENTIALS FOR A DAYHIKER'S PACK

**BASICS:** Hiking and backpacking activities are fueled by a desire to get outside the trappings of civilization. The irony is that in escaping, we must take along so much equipment for our physical needs and safety, that we may feel burdened. However a pack is necessary even for the most innocuous of dayhikes.

You may already have devised your own checklist of equipment; if not here is a list of suggested items for all seasons. Depending on the weather, you may find other necessities to include. Ten essentials are:

- A map of the area
- A compass
- A flashlight (extra batteries and spare bulb)
- Extra food
- Extra clothing, including rainwear (remember that ZipLock bags are a marvel of modern convenience)
- Sunglasses, Sunscreen and bug repellent
- A pocketknife
- Matches in a waterproof container
- A candle or other fire starter
- A first aid kit (Should include Benadryl & StingEze for Stings!)

Additional items regarded as essential are the following:

- A full water bottle, plus additional water or sports drink (a minimum of 2-3 quarts) (you may carry iodine tablets, if you are sure that you can tolerate the resulting drink and that you may find water on the trail. Some trails in our area are dry!)
- Aspirin, moleskin and bandaids
- Hat with brim, bandana
- Toilet paper and a trowel

Additional items strongly recommended:

- Emergency blanket - Flexible aluminized mylar sheets.
- Signaling devices such as a whistle, mirror, or pocket flares.

Those of you who are experienced and creative hikers, could probably add a few more essentials to the above list and we would appreciate you sharing with us.

Credit to: The Backcountry Handbook by the Editors of Mother Earth News: Mountaineering First Aid, third edition, The Mountaineers.

- Barbara Murray