



Day Hike Checklist

- Backpack
- Trail map
- Compass
- Water in canteen/water bottle
- Water treatment system
- Pocket knife
- Snacks
- Convertible pants/shorts
- Lightweight shirt
- Fleece
- Outer jacket
- Extra clothing
- Sunglasses
- Hat
- Insect repellent
- Sunscreen
- First aid kit (know how to use everything in it)
- Snake bite kit
- Poison ivy cream/cleansers
- Mole skin for blisters
- Small flashlight
- Whistle
- Toilet paper/plastic bag
- Before leaving, tell people at home the location where you will be hiking

For more Hiking information visit
<http://www.procarseatsafety.com/hiking.html>



Visit "Parent Central" at
www.ProCarSeatSafety.com

