

What should I bring on a hike?

The following is a guideline for gear to pack for hikes. You may need more or less gear, depending on the outing. Consider basic survival needs as a priority, including shelter, fire, water and ability to signal. Wear appropriate clothing using layers that are suitable for the season and weather. Wear sturdy footwear suited to the trail, season and weather (closed shoes or hiking boots with a good tread).

Be prepared by bringing the following in your day pack (ensure that everything is in a waterproof bag or container):

- First Aid kit (especially bandages or patches for blisters)
- Food and water
- Map and compass
- Flagging tape
- Whistle
- Small metal can (to boil water)
- Waterproof matches or lighter and kindling
- Dental floss or rope
- Tinfoil (to use as a signal or to cook with)
- Fishing line and fish hook
- Pain killer
- Your medication (for example medication for insect bite reactions)
- Extra pair of glasses
- Survival blanket
- Headlamp and extra batteries
- Garbage bag or small tarp (an orange bag can be useful in signalling for help)
- Knife
- Bouillon cubes, emergency snacks
- Sunscreen
- Insect repellent
- Extra clothing (for example, an extra pair of socks and a raincoat or windbreaker, fleece jacket, gloves etc.)
- Toilet paper
- Sunhat or tuque
- Sunglasses

You may also want to consider packing:

- Rope
- Water filter
- GPS
- Cell phone

Consider keeping a clean, dry set of clothing in the car. On a cold rainy day or in wet trail conditions, changing into warm dry clothing feels good.