



Ingredients of the Perfect Hike

Durable waterproof backpack

- You never know when the weather might change! A durable waterproof backpack will keep all of your belongings safe and dry while you explore the great outdoors

Hiking boots

- These provide you with the grip and support you need for the rough terrains

Map and compass

- Prepare yourself for any detours you may take with bringing a map of the hike and a compass
- It is always a good idea to print off a map of the hike ahead of time in case there are none available at the entrance

First-aid kit

- Whether you're a first-time hiker or an experienced one, incidents can happen! Always be prepared with a first-aid kit on hand

Lots of water

- It is very important to hydrate properly to prevent dehydration
- A good general recommendation is about half a litre of water per hour of moderate activity in moderate temperatures. You may need to increase how much you drink as the temperature and intensity of the activity rise.
- It's also important to keep your water bottle handy! (Don't have it inside your backpack, rather put it in the side pouch)

Snacks

- There are lots of bars to choose from that are high in carbohydrates, low in protein and fat - a good combination to consume just before or after your hike
- The high-grade carbs in bars provide an endurance boost during your hike

Weather-appropriate clothing

- Check the forecast and make sure to dress for the conditions predicted!
- Moisture-wicking, quick-drying and lightweight are all good options

Sunscreen

- If you're planning on hiking during the summer, sunscreen is very important!
- Make sure you get the proper SPF, apply it before your hike and take it with you just in case

Small gear-repair kit

- This includes things like duct tape, zip ties, knife, rope, etc.
- If you have these tools lying around your house, gather them together and put them in a sealed box