



HIKING BACKPACK

- WEATHERAPPROPRIATE CLOTHING
- HIKING BOOTS OR SHOES
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- PLENTY OF FOOD
- PLENTY OF WATER
- FIRST-AID KIT
- KNIFE OR MULTI-TOOL
- SUNGLASSES, SUN CREAM AND A SUN HAT
- NAVIGATION TOOLS SUCH AS A MAP AND COMPASS
- THE REST OF THE TEN ESSENTIALS AS APPROPRIATE FOR YOUR HIKE

