

## Day Pack for Day Hike

rain/wind jacket and pants  
water-1-2 qts, or thermos  
gorp/snack  
lunch  
whistle  
map and compass  
flashlight, extra batteries  
boots  
extra clothing-not cotton

### 1st aid kit-basic:

bandaids  
gauze, tape  
antiseptic  
moleskin  
latex gloves  
pain reliever  
ace bandage

also consider:

insect repellent/sunblock  
gloves, cap  
space blanket (opened once)  
flagging tape and marker

extra wool/poly sox  
gaiters  
snowshoes or skis

**In winter** dress in layers (please avoid cotton) poly or wool prevent hypothermia. Long underwear, scarf, down/poly vest or wool sweater may be necessary. Bring xc ski equipment and wax **or snowshoes** or insulated hiking boots and instep crampons and ski pole or walking stick.