## **DAY HIKES**

## \*include all items from "Outdoor Essentials" checklist in addition to:

1 1	Water 100 oz per day (more if it's hot)
\	Nide brimmed hat
	Chapstick
3	Sturdy Hiking Boots
5	Sock Liners (to prevent blisters)
\	Whistle
	_unch