

What to Bring Hiking

Clothing: -Be sure to carry at least one change of clothing for both hot and cold temperatures.

(It is common for the temperature to fluctuate from 44⁰F to 95⁰F daily)

-When hiking, proper footwear is a must, and must be durable and comfortable.

-Rain gear

-Hat

Miscellaneous: Camera Nap sack to carry you things. Sunscreen Bug Repellent

Medications (double up) Walking stick Identification