

# Retreads Hiking Club

## Supply List

### **Packing List:**

The following supplies are recommended to make your hike an enjoyable experience. Some items you will wish to take with you on the hike and some may be left at the trail head:

- Proper hiking boots with adequate ankle support. Trail surfaces are frequently unpredictable and this will help avoid twisted ankles
- Water for the day
- Lunch and trail snacks
- A small first aid kit
- Hand sanitizer
- Tissue and/or toilet paper
- A plastic bag for garbage
- Rain gear
- Spare dry socks
- A hat
- A whistle
- A hiking stick
- Sun screen and bug repellent
- Binoculars and/or a camera
- Cash for driver remuneration and/or coffee etc. after the hike

### **First Aid List:**

The following first aid items are recommended for your pack:

- Waterproof container or strong zip-loc bag
- Antiseptic wipes
- Assorted adhesive bandages for small wounds
- Gauze pads for larger wounds
- Tape
- An elastic tensor bandage
- Moleskin for blisters
- Small scissors
- Tweezers
- Insect bite/sting relief
- Triangular bandage for a sling
- Safety pins
- Foil emergency blanket
- (optionally) an instant ice pack