

Black to the Land Coalition



Hiking Essentials

Here are some essential items to bring for long hikes:

1. **Proper Footwear:** Invest in a good pair of hiking boots or trail shoes that are broken in and provide ample ankle support and traction.
2. **Backpack:** Choose a comfortable backpack with a good hip belt to distribute the weight evenly. Make sure it has enough capacity for all your gear.
3. **Navigation:** Bring a trail map, compass, and consider a GPS device or download a hiking app to help you navigate the trail.
4. **Water:** Carry enough water for the entire hike, usually 2-3 liters per person, and consider a water filter or purification tablets to refill from natural sources.
5. **Food:** Pack energy-rich snacks like trail mix, energy bars, and easily digestible foods like fruits and sandwiches.
6. **First Aid Kit:** Include bandages, antiseptic wipes, medications, and other essentials like moleskin for blisters.
7. **Sun Protection:** Wear sun-protective clothing, a hat, and apply sunscreen liberally.
8. **Layers:** Pack extra layers like a lightweight jacket, long pants, and gloves in case of changing weather conditions. Also dress for extreme heat and have lightweight pants, hat, sunscreen.
9. **Headlamp or Flashlight:** Bring a reliable light source in case you're out after dark.
10. **Fire Starter:** Carry waterproof matches, a lighter, or other fire-starting tools for emergency situations.
11. **Multi-tool or Knife:** A multi-tool or a sturdy knife can be handy for various tasks.

12. Emergency Blanket and Whistle: Essential for signaling for help or keeping warm.

13. Mosquito repellent and sunscreen.

Additionally, inform someone of your hiking plan, check the weather forecast, and be prepared for any trail-specific challenges or hazards.