

Day Hike – General Instructions

Start drinking water the day before -- go for two liters. Get a good night of rest. Eat a healthy breakfast.

Dress in Class B uniform. Plan for cool in the morning and warming up by mid-day.

Wear a good pair of hiking boots. Good boots provide cushioning, stability, and support.

Carry all gear in a day pack with comfortable straps. A waist belt, sternum strap and water bladder are recommended.

Bring:

Ten essentials – from scout handbook:

- Pocket knife
- First aid kit
- Extra clothing
- Rain gear
- Flashlight
- Food – lunch plus trail snacks
- Water – 3 to 4 liters recommended
- Matches or fire starter
- Sun protection
- Trail map and Compass

Plus two – few feet of each are fine:

- Duct tape
- Toilet paper

The hike leader will do a formal gear inspection before departing. Scouts without the correct gear will not be able to participate in the hike. This is a safety consideration for the individual Scout as well as for the entire crew on the outing.