

#10 essentials HIKING

1



FIRST AID

Including emergency shelter; protect yourself from the elements first

2



WATER

Add a water purification option & bottle to your bag to make almost any water source drinkable.

3



SUN PROTECTION

Houston is HOT! Sunscreen, a hat, long sleeves and pants will keep you cooler and comfortable on the trail.

4



GOOD SHOES

Pick your shoes based on the terrain; A sturdy boot is always a good choice.

5



LIGHT SOURCE

Even if your hiking during the day, stow a light in your bag

6



MAP & COMPASS

Know where you're going on the trail and off; An extra battery or solar charger to juice up your cell phone is handy too

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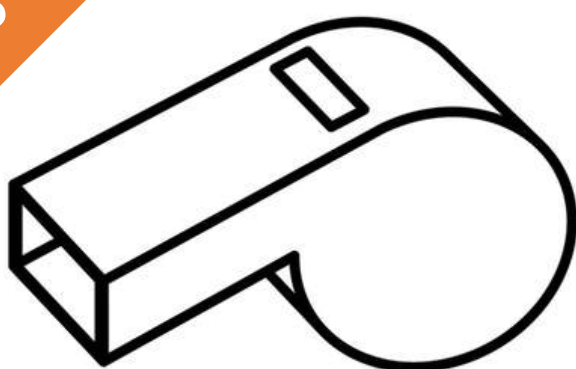
7



POCKET KNIFE & ROPE

Unlimited list of things you can do with these two items; p-cord is light and can be used to fix or hang things.

8



WHISTLE

Save your voice and call for help without worrying about the batteries dying.

9



FOOD SNACKS

Protein bars and quick carbs get the job done when you need a pick me up

10



FIRE STARTER

Weather changes quickly. Warm up, make a smoke signal or distil your water. Keep your matches dry in a ziplock bag

BONUS



READY TO HIKE:

An Urban Hike, on the trails or outside the loop.

[click here](#)