

Essentials of Hiking



Preparedness is Key!

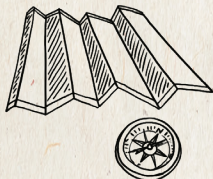
OC Parks are for everyone to enjoy. In the space below, draw who you are adventuring with today!

Who do you want to bring with you next time?

Have you heard of the 10 Essentials of Hiking? It's recommended you pack the items below to be prepared for any unexpected situation in the outdoors. Circle the items you brought on your adventure today.



Appropriate footwear



Maps and compass/GPS



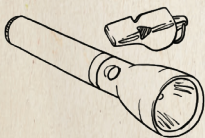
Water



Snacks



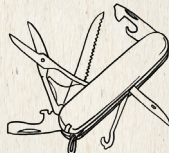
Layered clothing



Safety items



First aid kit



Multi-tool



Sun protection



Shelter

What additional items might you bring next time?

Anywhere Activity