

## The McCall Hiking Club Recommended Equipment List

- Good, comfortable hiking boots - rubber soled sports shoes get slippery on wet trails, logs and steep rocks
- Fanny or day pack that will accommodate 2 pints of water and zipper pouch for food etc.
- Band-aids - the small round ones are perfect for blisters
- Bug spray - a small container is ample
- Pocket pack of tissue - there are no toilets in the wilderness. Bury all waste and tissue 6-8 inches.
- Sun glasses
- Map
- Compass
- Pocket knife
- Waterproof matches
- Dry socks
- Plastic poncho
- Emergency blanket
- Mirror
- Whistle
- Water filter or clorox drops
- Small first aid kit
- Cell phone
- Hat
- Large first aid kit and extra water in your vehicle
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*Carry it in, carry it out: Remember no trace camping*