Pack for a Hike

Pack your backpack for a one-day hike. Once assembled, bring it in for inspection.

Your backpack must contain the following items:

- € map and compass
- € water
- € snacks (refer to page 18 in the guidebook for suggestions)
- € rain gear
- € matches
- € extra socks and underwear
- € gloves
- € emergency blanket
- € folding pocketknife with a larger (10cm) and small blade
- € first aid kit

A personal first aid kit should include, at a minimum:

- € 6 adhesive bandages (Band-aids)
- € 2 sterile gauze pads, 3x3 inch
- € 1 small roll of adhesive tape
- € 1 moleskin, 3x6 inch
- € 1 small bar of soap
- € 1 small tube of antiseptic
- € 1 pair of scissors
- € 1 pair of latex gloves
- € 1 mouth-barrier device for rescue breathing or CPR
- € 1 plastic goggles or other eye protection
- € 1 pencil with paper