

If you're just going to a neighborhood park, you may not need all of these items. But if hiking or exploring a new area, it's not a bad idea to be more prepared than you think you need to be.

- Creativity, patience, and sense of adventure to make this a fun outing!
- Navigation tools such as a map, GPS device, compass
- First aid – including fun Band-Aids for inevitable boo-boos
- Water (plus water filter depending on where you're going)
- Knife or multi-tool
- Insect repellent
- Hiking boots
- Rain jacket
- Flashlight or head lamp
- Toilet paper and trowel
- Waterproof matches
- Daypack
- The rest of the Five Essentials as appropriate for your hike