
What To Bring Hiking:

When enjoying a day hike or backpacking on the trail, some basic items will assist you in case of emergency or should you somehow lose your way.

Hiking essentials include:

- Map
- Hiking Boots or Tennis Shoes
- Compass
- First Aid Kit
- Water
- Emergency Blanket
- Sun Hat or Helmet (if you're biking)
- Sunglasses
- Extra Clothing
- Rain Shell
- Sunblock
- Lip Protection
- Windbreaker
- Energy-providing Snacks: trail mix, energy bars, fruit

It's always important to respect the elements.

Check weather reports and gain an understanding of outdoor conditions prior to your departure.

Preparedness is the key to safety in the outdoors.

If you're getting a late start for an afternoon adventure, consider how many hours of daylight remain. If you suspect you will lose daylight, pack a headlamp or flashlight and your evening outside will be that much more enjoyable.

-Henderson Celebrates Our Trails and Open Space
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River Mountains Trail
Partnership
Advisory Council