

Destination: _____

Date: _____

	<u>Planned</u>	<u>Actual</u>
Departure time:	_____	_____
Return time:	_____	_____
Weather:	_____	_____
Outbound route:	_____	_____
	_____	_____
Return route:	_____	_____
	_____	_____
Total distance:	_____	_____

Ten Essentials

- Water (per hiking hour avg. = ½ liter)
- Atract Attention (whistle & mirror)
- First-aid (kit)
- Fire (matches in dry container)
- Light (flashlight & extra batteries)
- Emergency Edibles (protein bar)
- Sun (protection - hat & lip balm)
- Inclement (rain gear) / Insulation
- Navigation (map, compass, & watch)
- Knife
- _____

Other Items (as required)

Hikers

<u>Notable Observations</u>

Paste Cool Photo Here