

# LIGHTWEIGHT HIKING BAG LIST



- FOOD
- CHANGE OF CLOTHES
- FIRST AID KIT
- KNIFE OR MULTITOOL
- BUG SPRAY/SUNSCREEN
- TRAVEL SEWING KIT
- MIRROR FOR SIGNALING
- LOTION, TRAVEL SIZE
- MANICURE TRAVEL SET
- CHAPSTICK
- TRAVEL TISSUE
- LIGHTER
- EDC (EVERYDAY CARRY KIT)
- CAMERA/PHONE
- CHARGERS & TRAVEL POWER CELL
- CASH MONEY
- PHOTO ID
- WATER
- GARBAGE BAGS
- DUCT TAPE, WRAP AROUND OLD STORE CARD

