

AN ILLUSTRATED GUIDE TO Packing a Day Pack

ESSENTIALS:



plenty of water



sun protection



(shades AND sunscreen)



first aid supplies



a map + compass

trail snacks



extra layer



(stuffed puffer)



a multi-tool

EMERGENCY KIT:



flashlight



matches



paracord

& EXTRAS:



a camera to capture the details

headphones



(for podcasts OR tunes)



a small box of paints

notebook

