

The 10 Hiking Essentials

<https://threemountainfamilyhikes.ca/10-essentials-for-hiking/>

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1. Navigation & Communication
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2. Illumination - headlamp
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3. Nutrition- extra food
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4. Hydration - extra water
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5. Insulation - extra clothing
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6. Firestarter
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7. First aid supplies
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8. Sunprotection
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9. Multipurpose tool and repair kit
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10. Emergency Shelter