



## My walking checklist

### Clothing and Footwear:

1. Hiking boots or sturdy walking shoes
2. Thick socks
3. Comfortable, breathable clothing (layering is recommended)
4. Waterproof jacket and pants
5. Hat or cap for sun protection
6. Gloves (if trekking in colder weather)
7. Sunglasses

### Backpack Essentials:

1. Lightweight backpack
2. Plenty of water
3. High-energy snacks (trail mix, energy bars, etc.)
4. Packed lunch (sandwiches, fruits, nuts, etc.)
5. Personal identification and emergency contact information
6. Sunscreen and lip balm
7. Lightweight rain cover for the backpack

### Optional Items:

1. Trekking poles
2. Camera or smartphone for capturing memories.
3. Binoculars for wildlife observation
4. Portable charger or power bank for electronic devices
5. Ziplock bags for waterproofing important items
6. Pre-Trekking Preparation:
7. Check weather forecasts and dress accordingly.
8. Charge electronic devices and ensure they're fully functional.
9. Break in new hiking boots or shoes before the trek
10. Practice Leave No Trace principles: respect wildlife, dispose of waste properly, and minimize your impact on the environment.