



BAYOU CITY  
OUTDOORS

# #10 ESSENTIALS

## Hiking

1

### HIKING PACK

Put all of your #10essentials in a pack so you have everything you need.

2

### WATER

Either a bladder in your pack or a PBA free water bottle

3

### FIRST AID

Blister tape, antibiotic cream, space blanket for longer hikes

4

### SUN PROTECTION

Houston is strong! Sunscreen, a hat, long sleeves, and pants will keep you covered and comfortable on the trail.

5

### GOOD SHOES

That fit correctly – Typically in Houston running/fitness shoes work great. Good boots are great to have too, but not mandatory.

6

### LIGHT SOURCE

Even if your hiking during the day, stow a light in your bag

7

### LAYERS - INCLUDING RAIN PROTECTION

Keep rain and wind protection stashed in your pack. You can also include a small dry bag for a light jacket and gear protection

8

### POCKET KNIFE & ROPE

Unlimited list of things you can do with these two items

9

### WHISTLE

Save your voice and call for help or use it as a warning signal

10

### COMPASS & MAP

Or, if you are going to use your phone app make sure your phone is fully charged!