

Hiking Supply List

Dog:

1. Pack
2. Booties (sturdy enough for rocks and sharp edges you may encounter – Ruffwear.com)
3. Leash
4. Poop bags
5. First aid kit (contents enough for both canine and human)
6. Water (I use a plastic “bladder” from REI. I fill ¼ full and freeze. In the morning I fill to the top. As the ice melts, it helps to keep the dogs cool and they always have cold water for drinking. The plastic bladder fits easily into their packs, its collapsible & is comfortable next to their bodies, vs. a water bottle. A dog can carry one on each side of their pack.)
7. Water bowl
8. Dog treats
9. Water for in the car, in case you run out on the trail
10. Collar with ID tags

People:

1. Hiking boots or sturdy lugged soled shoes
2. Socks
3. Hiking belt is handy, but not required
4. Fanny pack or backpack for your personal items (I prefer the Camelback hydration system)
5. Raingear
6. Sunscreen
7. Bug repellent
8. Water
9. Snacks
10. Camera/film
11. Map of the area
12. Extra pair of shoes or sandals for after the hike to “cool” your feet off when you get back to the car.
13. Shorts or pants(zip off pants work great)
14. T-shirt
15. Sweatshirt just in case
16. 2-way radios, just in case
17. Hat or visor
18. Sunglasses

**Layering is best, depending on the weather

**Be aware of snakes, and ticks