



# GUIDE TO DAY HIKING



## BE PREPARED



Small day pack



Supportive shoes



Food and water



Extra clothing



Sun protection



Bug protection



Rain protection



First aid kit



Flashlight or headlamp



Navigation tools

Find what you need at a nearby MEC store

## HAVE A PLAN

DAYLIGHT



Know daylight hours

TERRAIN



Review your route

WEATHER



Check the forecast

TELL SOMEONE



Share your plans

DOUBLE CHECK



Confirm your pack list

## LEAVE NO TRACE

CLEAN UP



Dispose of waste properly

LEAVE IT WILD



Don't touch, take pictures

RESPECT WILDLIFE



Do not approach or feed animals

BE CONSIDERATE



Be quiet and mindful of others