

Preparation Pack: 1-10 Mile Hike

What To Bring:

- A [map of the area](#)
- Sunscreen & sunglasses
- Chapstick (built-in SPF)
- Water (see below for suggested amount)
- Protein bar or substantial snack
- A compass (or previously downloaded cellphone app)
- Rain jacket or waterproof shell
- DEET insect repellent
- Headlamp
- Binoculars
- Camera / film / data card

Cellphone Apps:

- *To be downloaded prior to park arrival.
- *None of the below apps require cellular service.
- Galileo: Detailed and easy to use offline maps.
- Offline Topo: Downloads USGS topography maps to your phone.
- My Altitude: Uses your phones GPS signal to determine your altitude.

Ways To Prepare:

- Go to <https://www.nps.gov/bibe/planyourvisit/maps.htm> to checkout any alerts that may be in effect in your National Park.
- Download the recommended apps above, or print out a map from the site listed above, and get familiar with the park and your potential route(s).
- Know how much water to bring. The general rule for drinking water while hiking is **2 cups (1 liter) per hour**. A number of things can go wrong on the trail, no matter how much preparation you put in, so bring enough water to sustain you for a few extra miles just incase.
- Always tell at least one person where you're going, your estimated time of departure, any relevant medical conditions, your final destination and expected time of return.