

Stepping Stones Hiking Checklist

- GPS and extra batteries
- Water
- Food
- Maps
- Cash
- Hand sanitizer
- Backup phone battery
- Sunscreen
- Notified someone
- Bag for trash
- Large bag for emergency
- Layer for warmth
- Flashlight
- Walking stick /trekking poles
- Hiking boots
- Binoculars
- Bug spray
- Multi tool
- Benedril
- Ace bandage
- Water filter

Leave in the car:

- Change of clothes
- More water
- Towel
- Comfortable shoes

Download this list at: www.steppingstoneshiking.com

Follow me on Instagram: [@steppingstoneshiking](https://www.instagram.com/steppingstoneshiking)

More tips, tricks, and maps in my book:

[Day Hiking the Appalachian Trail in Georgia](https://www.amazon.com/dp/B089888888) on Amazon (<https://bit.ly/AT-in-GA-Book>)