**Light Hike / Run Packing List**

 **Hiking Gear**

|  |  |  |
| --- | --- | --- |
| * Running pack | * Sunscreen/Lipbalm |  |
| * Phone | * Trekking Poles |  |
| * Mini First Aid Kit | * Visor |  |
| * Mini Multi-Tool | * Appropriate Clothes |  |
| * Nutrition | * ID |  |
| * Energy Food | * Airpods |  |
| * Water | * Sunglasses |  |