**Light Hike / Run Packing List**

 **Hiking Gear**

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