

WILD WOMAN COACHING

Gear Checklist

THE BASICS

- Daypack (20-30L)
- Water (1 liter per 5 miles)
- Food/electrolytes (roughly 100 calories per hour)
- Ouchie pouch—small first aid kit for treating personal injuries, and medical conditions
- Trekking poles (if desired)
- Microspikes/snowshoes (winter trails)

CLOTHING

- Comfortable shoes
Clothes made from synthetic material or wool (not cotton!) and hot/cold layers.
- Sun hat/beanie
- Rain Coat
- Down jacket (even if not cold, for emergencies)
- Sunglasses

BEFORE YOU GO

- Give a trusted friend a detailed outline of your plan, and a timeframe to expect to hear from you by
- Check the weather forecast

PERSONAL ITEMS

- Chapstick/sunscreen
- Pepper spray / bear spray (if needed/solo)

NAVIGATION

- Map (downloaded for offline use)
- Charging block and cord (if using tech or phone for navigation)
- SOS satellite device (if you own one)

HYGIENE

- Pee cloth or toilet paper (pee)
- Wag bag or trowel to dig a cathole (poo)
- Tampons, container for applicator (period)
- Hand sanitizer