

Day Hike Kit

Preparing for a hike is essential to ensuring a safe and enjoyable experience. In addition to trail knowledge, it is important to bring along the necessary equipment and supplies. But we got you! We have already prepared the following gear checklist for you:

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| <input type="checkbox"/> 40 L Backpack | <input type="checkbox"/> 2 L of water (double the quantity in summer) |
| <input type="checkbox"/> Solid hiking boots: avoid soft shoes. On Boukaat Loubnan trails you will be crossing rugged terrains | <input type="checkbox"/> Food and trail snacks |
| <input type="checkbox"/> Hiking poles (we recommend using a pair) | <input type="checkbox"/> Lighter |
| <input type="checkbox"/> Headlight (equipped with new batteries) | <input type="checkbox"/> Sunscreen |
| <input type="checkbox"/> First aid kit equipped with a survival blanket | <input type="checkbox"/> First Aid Kit* |
| <input type="checkbox"/> Knife | <input type="checkbox"/> Survival Kit** |
| <input type="checkbox"/> Whistle | |
| <input type="checkbox"/> Your personal documents national ID for Lebanese, passport for non-Lebanese | |

* Refer to www.boukaatloubnantrails.org/gear/first-aid-kit

** Refer to www.boukaatloubnantrails.org/gear/survival-kit



▼ Don't forget to let someone know your plans before you go.