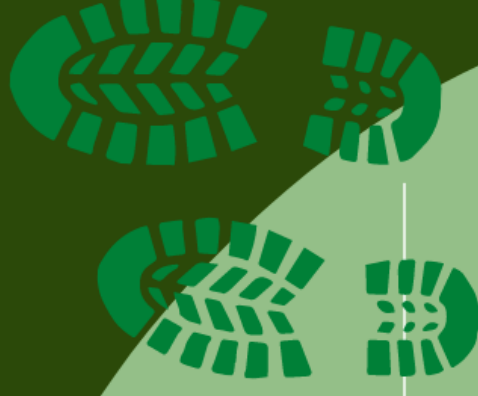


PACKING LIST: HIKING EDITION

www.weightlosstravelgains.com

What To Bring On A Hike

- | | |
|--------------------|-------------------------|
| Proper Footwear | Weather Appropriate |
| Backpack | Clothing (Think Layers) |
| Water/Water Bottle | Sunscreen & Sunglasses |
| Snacks/Food | Bug Spray |
| ID | Sunglasses |
| Medications | Poncho |
| Navigation Tools | Portable Charger |



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