

What should I bring as I hike, bike, bird, and explore?



Presented by UPMC HEALTH PLAN

1. Water

Experts recommend drinking about 17-20 fl. oz. within two hours of heading out for your hike. Especially in summer months, make sure to prepare for the heat by packing more than you expect to drink and wearing breathable clothing.

2. Navigation

Pre-plan your route and make sure it is downloaded on an app or saved on your phone. Additionally, it is very helpful to have an old-school map on hand in case technology fails. If tracking your hike for the Hike-A-Thon, be sure to be logged into your [Strava App](#) and start your activity tracking as you head out from the trailhead.

A tip from a National Aviary staff member!

Lizzy's tip: Always have duct tape in your hiking bag! You never know when your boots will decide to fall apart.

3. Sun Protection

Bring along plenty of sunscreen, bandanas, or hats to protect yourself from the end-of-summer UV rays!

4. First-Aid Kit

Whether it's an unplanned blister, a bee sting, splinter, or a broken bone - head out on the trail prepared with basic medical supplies!

5. Snacks

Depending on your hike length, make sure you have plenty of snacks or meals to keep you fueled throughout your adventures. Carbs and healthy sugars are helpful to replenish burned energy.

6. Proper Footwear

Make sure your shoes are built for the terrain! Good tennis shoes will often do the trick for easy hiking, but for more advanced hikes, consider boots with more ankle support, grippy soles, and possible waterproofing.

7. Safety Kit

Make sure to have essentials in case of an emergency! Some of these may include a fire starter, rain jacket, knife, flashlight, whistle, etc. Before you set out, be sure to notify a friend or family member of where you are going and when you expect to return.

A tip from a National Aviary staff member!

Greg's tip: Use boot bands to prevent bugs (especially ticks!) from crawling up your pants.