

# Pulpit Checklist

- Friends / family know my plans
- Cell phone (charged)
- Backpack
- Water
- Snacks
- Compass/GPS
- First aid kit
- Multipurpose tool
- Whistle
- Weather-appropriate clothing
- Sturdy footwear
- Personal identification & emergency contacts
- Headlamp or flashlight (in case your hike extends into the evening)
- Trash bag
- Bear deterrent
- Walking stick or trekking poles (Pulpit terrain is uneven and often steep)