



## Hiking Gear List

The gear you bring and the clothing you wear greatly affects your comfort and enjoyment in the outdoors. For day hikes, we suggest you dress appropriately for the time of year and bring certain items along with you.

### Food:

- Lunch - items you can eat on the go (sandwiches, energy bars, etc)
- Water - at least 1 L for a half day or 2 Liters for a full day in a non-glass container

### Clothing:

Wear items that you can move comfortably in and try to layer when possible. During spring, fall, and winter try to stay away from cotton as much as possible.

Depending on the temps and the forecast, use the list to help you pack:

- T-shirt - preferably synthetic or wool (capalene, coolmax, merino, etc.)
- Pants or shorts - preferably synthetic (nylon, polyester, etc)
- Hiking boots or hiking shoes (above the ankle, waterproof & well broken in)
- Wool or new blend socks - like thorlo, bridgedale, smartwool, etc
- Baseball cap or sun visor
- Waterproof/breathable rain jacket and pants if weather dictates - gore-tex, etc

For cooler days (Spring, Fall, winter), you can add:

- Long underwear top and bottom (capalene, wool, etc)
- Fleece jacket or sweater
- Hat - fleece or wool
- Gloves

### Equipment:

- Day pack - medium sized (1800-2400 cui)\*
- Headlamp or small flashlight with extra batteries
- Toiletries (medications, sunscreen, bug spray, toilet paper, etc.)
- Sunglasses
- Camera - optional

\*Items with an asterisk are available for loan through Alpine Endeavors

NOTE: If you wear contact lenses you should bring a pair of glasses as a back up.