

Hiking Equipment List

It can be cold in morning and warm in the afternoon, so bring proper clothes. Minimize wearing cotton clothes because once they get wet, they stay cold. Cotton shorts, tee shirt are OK, but you should bring backup synthetic long underwear (top and bottom).

Something for breakfast if you did not eat prior to the departure (ex. bagels, bananas, muffins, orange juice)

Snacks & lunch: nuts, dried fruit, hard candy, granola bars, power bars (constantly eat to keep energy up)

Blowing dirt might irritate your eyes, so leave your contact lenses at home

two pairs of socks (non-cotton) to prevent blisters, (1 thick, 1 thin)

synthetic (polypropylene, Capilene) long underwear bottoms and tops

hat with visor water, 2-quarts minimal

whistle knit/stocking cap

good-broken in hiking boots, waterproofed lip protection

boot gaiters to keep snow/dirt out-(spring & fall)

sun screen

rain jacket and rain pants

warm sweater/jacket

sweater or pile jacket

sunglasses

walking stick/poles

personal items: camera, etc

knee brace if you have weak knee

\$ for snacks or dinner (depending on return time)

bandannas

tennis shoes to change into at hike's end (left in van)

lunch

large day pack with hip belt

personal toilet paper

personal medications (ex. headaches, ibuprofen)

gloves (work gloves, warm glove)