Day Hiking Participant Gear and Clothing List

- Clothes (Minimize Cotton! Wool or Synthetics preferable)
  - Baselayer (i.e. long underwear, socks, undies, Short-sleeve shirt, etc.)
  - Midweight layer (i.e. fleece, sweater, fleece pants, insulated jacket, etc.)
  - Outer shell (i.e. rain jacket, rain pants)
  - Stocking hat / cap
- Sturdy shoes to hike in
- Sunscreen
- Sun hat
- Sunglasses
- Toiletries (optional)
- Medication you may be taking (x2)
- Headlamp or flashlight
- Camera (optional)
- Two 1-liter water-bottles
- Daypack
- Snacks / lunch

Group Equipment
- First Aid Kits