


ESSENTIAL CLOTHING LIST- HIKING

ITEM

DETAILS

- | | |
|---|--|
| <input type="checkbox"/> Light trail hikers/hiking boots – 1 pr | should have good ankle support for hiking |
| <input type="checkbox"/> light runners) – 1 pr | for wearing around the campsite at the end of the day |
| <input type="checkbox"/> Wool socks – 3-4 pr | heavy wool socks |
| <input type="checkbox"/> Liner socks – 2 -3 pr | thin synthetic socks to wear next to your skin, underneath wool socks |
| <input type="checkbox"/> Warm pants – 1 pr | fleece or wool. NO COTTON! |
| <input type="checkbox"/> Warm shirt – 2 | medium weight long-sleeved fleece or wool. NO COTTON! |
| <input type="checkbox"/> Warm sweater – 1-2 | thick fleece or wool. NO COTTON! |
| <input type="checkbox"/> Long underwear – 1-2 tops
- 1-2 bottoms | polyester, synthetic, or wool. NO COTTON!
polyester, synthetic, or wool. NO COTTON! |
| <input type="checkbox"/> Rain pants – 1 pr | WATERPROOF, coated nylon |
| <input checked="" type="checkbox"/> Rain jacket with hood | WE PROVIDE |
| <input type="checkbox"/> T-shirts – 1 | Cotton is ok |
| <input type="checkbox"/> Shorts – 1pr | Nylon, or other quick drying |
| <input type="checkbox"/> Quick-dry pants – 1pr | Nylon, or other synthetic shell |
| <input type="checkbox"/> Underwear – 3 pr | Cotton is ok |
| <input type="checkbox"/> Sports Bra – 1-2 pr | for women – cotton ok |
| <input type="checkbox"/> Swimsuit – 1 | quick dry synthetic |
| <input type="checkbox"/> Warm hat -- 1 | toque or balaclava, wool or fleece |
| <input type="checkbox"/> Sun hat – 1 | with brim for sun protection (baseball style ok) |
| <input type="checkbox"/> Mitts – 1-2 pr | fleece or wool, mitts NOT gloves |
| <input type="checkbox"/> Toiletries | toothbrush, small toothpaste, hairbrush, hand cream |
| <input type="checkbox"/> Feminine supplies | women should bring an ample supply of tampons,
pads, or liners. Moist wipes and zip loc bags as well. |
| <input type="checkbox"/> Sun screen & Lip balm – 1 each | 30 SPF rating preferred. Small tubes. <i>Important.</i> |
| <input type="checkbox"/> Sunglasses & retainer strap – 1 pr | <i>Important</i> |
| <input type="checkbox"/> Bandanna – 1 | Cotton is ok |
| <input type="checkbox"/> Insect repellent – 1 | no aerosol please. |
| <input type="checkbox"/> Headlamp & extra batteries | or a small flashlight. |
| <input type="checkbox"/> Pen & pencils | for journal writing |

Optional

-  Towel - 1 small, chamois style, quick drying. NO COTTON!

PLEASE DO NOT BRING COTTON CLOTHING. IT WILL NOT KEEP YOU WARM.