Fall/Spring Outings Day Trip
Clothing and Equipment List
HIKING

Mandatory Minimal Clothing and Equipment Items

- **Hiking boots**: (or sturdy closed toed footwear) BREAK IN NEW BOOTS PRIOR TO HIKING
- **Socks**: wool synthetic blends are ideal NOT cotton.
- **Hiking shorts or pants**: prefer wicking fabrics NOT cotton
- **Base layer**: such as a t-shirt (wicking fabric like polyester, but NOT cotton)
- **Mid layer**: such as a shirt, pullover or vest (polyester, fleece or wool, but NOT cotton)
- **Insulating layer**: jacket or coat (fleece, wool or down but NOT cotton)
- **Waterproof rain jacket**: (can also be used as a windbreaker)
- **Water bottle**: can be any type of container with screw cap. Allow ~1 liter per 4 miles (depending on temperature and elevation gain). Hydration packs like Camelback or Osprey are a good option.
- **Food**: trail lunch and snacks
- **Day pack**: (to carry your lunch, water, raincoat and layers)

Additional equipment recommended depending on rigor of itinerary, elevation gain, weather conditions and duration of outing. Check with your trip leader for details.

- **Hiking boots**: leather or heavy-duty construction with ankle support and able to be worn with two pairs of socks. Fit them well, and break them in. Insulated boot are required for winter outings.
- **Gloves and mittens**: minimum 1 thin pair of gloves and one heavier pair of gloves or mittens
- **Headlamp and extra batteries**: a flashlight will work but a headlamp is recommended
- **Long underwear pants**: wicking fabrics like polypropylene, polyester or wool NOT cotton!
- **Long underwear shirt**: wicking fabrics like polypropylene, polyester or wool NOT cotton.
- **Sweater**: wool or fleece.
- **Underwear**: synthetic, wicking fabrics help to reduce chafing and dry faster than cotton
- **Wool or fleece hat**: 1 - a ski hat or "stocking" hat is fine. It must cover your ears.
- **Hat**: baseball cap or wide brimmed hat for sun and rain protection
- **Socks**: Extra pairs
- **Rain gear**: rain pants and rain hat
- **Bandana**: multi-use tool can be used as a sweat-band, dish rag, tourniquet, etc. Cotton is OK.
- **Compass**: must have a square “base plate”
- **Map**: 1:2400 scale is best for orienteering, as it provides sufficient detail
- **Sunscreen**
- **Insect repellent**
- **Head net**
- **Plastic zip lock bags**: for cell phone and other electronics
- **Lighter or waterproof matches**
- **Pocket knife or multi-tool**
- **Sunglasses**
- **Wind parka and wind pants**: lightweight breathable nylon or Gore-Tex
- **First aid kit**
- **Mole skin**: If you have not carried a heavy pack with your present boots blisters could be a real problem!
- **Hand sanitizer**: Giardia and other diseases are easily spread to each other via fecal oral contact
- **Whistle**
- **Trekking poles**
- **Gaiters**: to keep mud, debris and water out of your boots
- **Water purifier**: chemical or filter
- **Emergency blanket**
- **Hand warmers**
- **Traction**: such as micro-spikes for icy conditions
- **Camera**
- **Binoculars**