

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**