

General Summer Hiking Equipment List Recommendations

Clothing

- Wool and/or Synthetic Socks
- Base Layer Top - Synthetic, wool, silk
- Base Layer Bottoms - Synthetic, wool or silk - optional for cool or winter days
- Mid-Insulation Layer Top - Pile (fleece), light synthetic fill or wool sweater/jacket
- Hiking Pants- Synthetic multipurpose pants
- Light Wind Shell - Windproof, water resistant layer for high aerobic work
- Weather Layer Top - Gore-Tex or other waterproof breathable jacket, or coated nylon
- Weather Layer Pants - Gore-Tex or other waterproof breathable pants, or coated nylon
- Warm Outer Jacket - Down or synthetic for cool or winter days
- Toque - Wool or Synthetic
- Brimmed Cap - Preferably wool or synthetic but cotton will do if other unavailable
- Face Warmer - Scarf, neck tube, face mask - Optional
- Light Gloves - Wool, synthetic or leather
- Warm Gloves or Mitts - for cool or winter days
- Gaiters - for wet weather
- Handkerchief

Warm Weather Hiking

- Shorts - or convertible pants
- Sun Hat
- Cotton T-shirt

Personal Equipment

- Pack
- Sunglasses
- Sun and Lip Cream
- Head Lamp
- Water Bottle or Hydration System
- Lunch
- Blister Kit
- Pocket Knife
- Camera - Optional
- Binoculars - Optional
- Walking stick or Ski Pole

- Umbrella - Optional
- Hiking Boots
- Sleeping Bag or Sheets
- Pillowcase (pillow provided)
- Extra Clothing - socks, underwear, top and bottoms base layer
- Wash Kit - soap, towel, brush, toothbrush, paste, shaving kit
- Insect Repellent
- Ear Plugs
- Personal Medicinal Drugs - pain, cold/flu, antihistamine, anti-inflammatory etc.
- Toilet Paper (for hiking)
- Reading Material - optional
- Writing Material
- Headlamp or Flashlight - spare batteries and bulb
- Hut or Camp Shoes

Group Equipment

- Altimeter
- Map and Compass
- Route Book/Description
- Natural History References etc.
- First Aid Kit
- Emergency Sac - Nylon tarp or envelope sack to cover group or injured member
- Group Repair Kit - May substitute for personal repair kits or supplement them
- Two-way Radio or Cell Phone - Check for coverage and frequencies in your area
- GPS - May be optional depending on trip
- Water Filter - optional on short trips where you can carry required water
- Multi-purpose cord
- Lighter and Matches
- Group Food
- Fire Starter - Optional
- Boot Waterproofing