

## **DAY HIKER'S CHECKLIST**

### **WHAT TO WEAR**

**The universal clothing rule for hiking is: Do not wear ANYTHING made from cotton. Cotton dries very slowly, and stays soggy and cold when wet.**

- Sturdy, broken-in hiking boots. We strongly discourage running shoes, but there are some hiking specific shoes that may also work well for you.
- Socks made from wool, wool blend, polyester, etc. Some hikers add polyester or silk liner socks.
- Polyester, wool, merino wool or wool blend or nylon shirt.
- Shorts or loose, comfortable pants (Polyester, nylon or other similar synthetic material)

### **ESSENTIALS**

- A comfortable daypack.
- At least one or two litres of water, perhaps three, depending on the weather and length of hike.
- Lunch and a snack.
- Rain jacket (with hood) or poncho.
- Warm fleece sweater (or wool).
- Wool hat and gloves or mitts.
- Headlamp or small flashlight. Matches or lighter for emergencies is also a good idea.
- A watch (to keep track of your progress) and a whistle (to call for help in case of emergency).
- Map (you will receive one before the trip) and compass (and knowledge of how to use them).
- Small first-aid kit (and any personal medical items you may need for asthma, allergies, diabetes, etc.).
- Phone numbers of medical insurance company and emergency contact person for the hike.
- If you have a cell phone, it's a good idea to carry it while hiking, in case of any problems or delays on the hike.

### **ARTICLES TO LEAVE ON THE BUS**

- Change of clothes, including shoes and sweater or jacket (you might be wet and/or muddy after the hike).
- A snack for the journey home.
- Plastic bags to store wet clothes or muddy boots.

### **OTHER OPTIONAL ITEMS FOR YOUR DAYPACK**

- Spare dry shirt, shorts or pants, and socks.
- Rain pants and gaiters.
- Insect repellent (spring and summer) to be applied outside the bus (never on the bus).
- Sunglasses, sunblock (apply outside the bus), sun-hat or bandanna.
- Swiss army type knife or equivalent.
- Camera, binoculars, field guides to birds, flowers, etc., if those are your interests.

### **MORE TIPS FOR AN ENJOYABLE AND SAFE HIKE**

- Mountains attract fools and bad weather. Don't be the former and prepare for the latter!
- Pack out all your garbage. "Take only photographs, leave only footprints, kill nothing but time."
- Never hike alone. We recommend hiking with three other people when possible.
- Line the inside of your pack with a garbage bag to keep things dry. You might also want to pack any essential individual items in plastic bags for extra protection.
- Never drink the water in streams unless you have purified it with purifying tablets or a water filter. Carry extra water (rather than sweet drinks), and/or sport drinks to replace electrolytes.
- On the bus, keep your hiking poles with tips downward and store under the seat and NOT in the overhead compartment.