



Equipment List

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Clothing

- () Wool and/or Synthetic Socks
- () Base Layer Top - Synthetic, wool or 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
- () Light Gloves - Wool, synthetic or leather

Personal Equipment

- () Pack
- () Sunglasses
- () Sun and Lip Cream
- () Head Lamp
- () Water Bottle or Hydration System
- () Lunch
- () Blister Kit & personal first aid kit
- () Camera – Optional
- () Binoculars - Optional
- () Walking stick or Ski Pole
- () **Hiking Boots are mandatory!**

- () Lunch & snacks
- () Water
- () Thermos with hot beverage (optional)