

# Day Trip Gear List

## **On Your Body:**

Quick drying shorts or pants – Can be any nylon or polyester quick drying material. Absolutely avoid cotton!

Quick drying shirt – can be any nylon or polyester quick drying material. Avoid cotton!

Synthetic or wool socks

Sock liners (optional) – This helps to prevent or head off blisters.

Briefs/Boxers/Panties – We recommend non-cotton.

Durable hiking shoes or boots

## **Special Clothing for Colder Weather Trips:**

Midweight Long Sleeve underwear shirt – Can be a Capilene or other synthetic quick drying material. Avoid cotton!

Midweight long underwear bottoms – Can be a Capilene or Polypropylene quick drying material. Avoid cotton!

Fleece Sweater - This should be a quick drying 200-300 weight polar fleece sweater. NO cotton sweats!

Skull Cap

Gloves - Fleece Gloves to keep your hands warm in camp and while hiking. Avoid cotton.

## **In Your Pack:**

Backpack – Choose a model that fits the gear you'll be hauling.

Raingear – Raingear could save your life in a bad situation. Insure that the material is waterproof with covered zippers and taped seams.

Headlight

Food for the day

Water bottles or hydration system – Look for a leak proof bottle, or consider a hydration pack.

Water Purification

Sun protection – Wide brim UPF hat, Waterproof SPF 30 sunscreen, sunglasses

Small shovel – This is for answering calls of nature

Toilet paper

Zip lock bags – 3 or 4 bags – 1-2 quarts

Blister kit

Camera

Sandals or camp shoes – For trails in which you may have to cross streams.

