

## Hiking Day Trip Equipment List

These day trips will be in the fall, expect cooler fall temperatures likely between 0 and 20 degrees Celsius.

Bring a day pack that is large enough to fit all of your gear.

Wear clothing that allows for freedom of movement and a sturdy runner or hiking boot for walking/hiking.

Wear clothing that is made of synthetic material, polyester, nylon or wool **avoid wearing clothing made from cotton.**

- Loose fitting nylon or polyester track pants - Shorts- if you're hardy in the cool weather
- Synthetic shirt to wear while hiking
- Light fleece or wool sweater to wear over top of your synthetic shirt for a little more warmth
- Heavier fleece jacket or wool sweater for extra warmth
- Wear wool or synthetic socks
- Rain coat for wind and rain protection
- Toque
- Gloves or mitts
- Sunglasses
- 2 liters of water
- Lunch and or Snacks
- Camera, small piece of foam to sit on (optional)