



Suggested Gear List Day-Hike

Snacks and / or a tasty lunch are provided

- **Personal Gear:**

- ☛ (Prescription drugs)
- ☛ Sunscreen
- ☛ Lip balm
- ☛ Bug repellent

- **Hiking Clothes and Hiking Gear:**

- ☛ Hiking pants, no cotton
- ☛ Rain jacket, rain pants
- ☛ Shirt, blouse, light fleece sweater
- ☛ Sun hat
- ☛ Sunglasses with sports-strap
- ☛ Hiking boots (wear in)
- ☛ Hiking socks
- ☛ (Walking poles)
- ☛ **Water bottle (at least 1 litre per person)**
- ☛ Daypack

- **Other clothes and Gear:**

- ☛ Warm (windbreaker) fleece sweater
- ☛ Beanie or toque