

## Day Hiking

## Equipment List

The equipment and clothing you bring will have a big impact on the quality of your trip. Ensure to bring all items listed except for items that are listed as optional (either are luxuries or your guide will be carrying for you both). If you have any questions about anything please contact us. Some items\* we may have extra to lend or we can recommend where you can rent.

- Sturdy hiking boots (above ankle support)
- 2 pairs of sock (inner liner or pretaping prevents blisters)
- Gaiters in case of snow travel
- Long pants (lightweight synthetic)
- Hiking shirt (long sleeved best for bugs)
- Warm layer (fleece jacket/wool)
- Polypro warm layer (top & bottom) in case you get cold
- Rain/wind gear (top and bottom pants...lightweight)
- Warm hat & gloves
- Sunhat and sunscreen
- 1 litre water bottle
- Snacks and hearty lunch
- Hiking poles

Pack your extra gear in a daypack, lined with a garbage bag on the inside to keep it dry. A small 30-35 L pack works well.

## Clothing

Temperatures can vary widely as they can increase from -20C overnight to +10C on sunny days. For clothing use the 'layer system': Light technical clothing that doesn't take much space in your backpack and dries quickly if sweaty or wet. Layers that can be put on and taken off fast if weather conditions change during the day. For winter layers we recommend wearing:

**Wool:** provides excellent insulation in cold, wet weather & retains insulating value when wet  
**Synthetics** (pile, polypropylene, Capilene, Synchronilla) provides excellent insulation in cold wet weather, and retain insulating value when wet

For your safety, the guide carries the following:

- SAT phone and/or VHF
- Complete first-aid kit
- Repair kit
- Complete rescue kit and plan
- All maps of the area
- GPS, compass and altimeter