



Hiking Gear Check List

What to Wear...

	You	Companion
△ Polyester or synthetic short or long sleeved shirts (avoid cotton as it doesn't wick away the moisture when you sweat). If you are sensitive to the sun, there are many light, long sleeved shirts available that are cool and are UVF protected. (Check MEC-Mountain Equipment Co-Op)	<input type="checkbox"/>	<input type="checkbox"/>
△ Light Rain Gear (Gore-Tex jacket, or windbreaker - best to have a breathable jacket)	<input type="checkbox"/>	<input type="checkbox"/>
△ Hiking Shorts, Hiking Pants or sport pants (Polyester or synthetics are best)	<input type="checkbox"/>	<input type="checkbox"/>
△ Sun Hat	<input type="checkbox"/>	<input type="checkbox"/>
△ Light Merino wool or polyester socks. Also a good idea to use thin liner socks underneath	<input type="checkbox"/>	<input type="checkbox"/>
△ Good Sturdy boots either Hiking Boots or Hiking shoes with stable ankle support are highly recommended.	<input type="checkbox"/>	<input type="checkbox"/>

What to Bring...

	You	Companion
△ Small backpack or knapsack for extra clothing, food & water	<input type="checkbox"/>	<input type="checkbox"/>
△ At least 1 litre of water, gatorade or your favourite juice/beverage	<input type="checkbox"/>	<input type="checkbox"/>
△ Light Fleece or sweater (polyester or wool is best - Weather can change quickly.)	<input type="checkbox"/>	<input type="checkbox"/>
△ Light gloves & toque for those cooler days	<input type="checkbox"/>	<input type="checkbox"/>
△ Sunscreen, sunglasses	<input type="checkbox"/>	<input type="checkbox"/>
△ Snacks, fruit or trailmix	<input type="checkbox"/>	<input type="checkbox"/>
△ Camera or binoculars	<input type="checkbox"/>	<input type="checkbox"/>
△ Any medication you may require during the day	<input type="checkbox"/>	<input type="checkbox"/>

Optional - 10 Essentials - From AdventureSmart.ca

Natural Trekking will have a supply of the following

	You	Companion
△ Flashlight, spare batteries or head lamps	<input type="checkbox"/>	<input type="checkbox"/>
△ Firemaking kit - waterproof matches/lighter, firestarter/candle	<input type="checkbox"/>	<input type="checkbox"/>
△ Signalling device - whistle or mirror to signal searchers if you become lost	<input type="checkbox"/>	<input type="checkbox"/>
△ Extra food and water - 1 litre/per person	<input type="checkbox"/>	<input type="checkbox"/>
△ Extra clothing (rain, wind, water protection and toque)	<input type="checkbox"/>	<input type="checkbox"/>
△ Navigational/Communication Aids (maps, compass, GPS, charts, Cell, hand held radio - know how to use these items)	<input type="checkbox"/>	<input type="checkbox"/>
△ First Aid Kit	<input type="checkbox"/>	<input type="checkbox"/>
△ Emergency Shelter - orange tarp or large orange garbage bag. These can also be used as signalling devices	<input type="checkbox"/>	<input type="checkbox"/>
△ Pocket Knife	<input type="checkbox"/>	<input type="checkbox"/>
△ Sun protection (glasses, sunscreen, hat)	<input type="checkbox"/>	<input type="checkbox"/>