

Clothing and Gear Checklist

Basics

- Daypack, lumbar pack, or fanny pack
- Appropriate footwear (trail shoes, trail hikers, or hiking boots)
- Synthetic sock liners
- Wool or wool blend socks
- Extra pair sock liners (in pack)
- Extra pair wool or wool blend socks (in pack)
- Hydration pack
- Walking stick or trekking poles
- Gaiters

Warm weather layering

- Synthetic quick drying undergarments
- Quick-drying lightweight pants or shorts (nylon not cotton)
- Quick-drying T-shirt (polyester or other synthetic)
- Lightweight wind-blocking jacket
- Rain jacket (Gore-Tex® or other synthetic)
- Rain pants
- Waterproof hat with visor
- Bandanna
- Synthetic long underwear (in pack)
- Fleece (in pack)
- Extra dry synthetic shirt (in pack)

Cold weather layering

- Natural or synthetic long underwear (silk, polypropylene, polyester, but *not* cotton) tops and bottoms
- Quick-drying synthetic pants
- Quick-drying synthetic long sleeve shirt
- Wool sweater or fleece jacket
- Fleece pants
- Synthetic breathable rain pants
- Synthetic breathable rain jacket
- Heavy-duty insulating layer (down or synthetic)
- Waterproof gloves or mittens
- Waterproof wool or fleece hat with ear flaps
- Extra dry gloves (in pack)
- Extra dry long underwear (in pack)
- Extra dry shirt (in pack)

Resources

American Hiking Society: www.AmericanHiking.org

REI: www.rei.com/expertadvice