Day Hiking Gear List

**Items with an asterisk are available for loan through the Outdoor Resource Center**

The gear you bring and the clothing you wear greatly affects your comfort and enjoyment in the outdoors. For day hikes, we suggest you dress appropriately for the time of year and bring certain items along with you.

**Food:**
- Snacks - items you can eat on the go (energy bars, etc.)
- Water bottle

**Clothing:**
Wear items that you can move comfortably in and try to layer when possible. During spring, fall, and winter try to stay away from cotton as much as possible.

For most trips during the summer season:
- **Waterproof/breathable rain jacket and pants**
- T-shirt - preferably synthetic or wool
- Pants or shorts - preferably synthetic
- Hiking boots or hiking shoes, for city trips tennis shoes are ok
- Wool or new blend socks, cotton is okay for city trips
- Liner socks (lightweight wool or polypropylene) - if needed
- Baseball cap or sun visor

For cooler days (Spring or Fall), you can add:
- Long underwear top and bottom
- **Puffy Jacket**
- Fleece jacket or sweater
- Hat - fleece or wool
- Gloves

**Equipment:**
- **Day pack - medium sized (20-30 liters)** ← Mandatory
- **Headlamp or small flashlight with extra batteries**
- Toiletries (medications, sunscreen, bug spray, toilet paper, etc.)
- Sunglasses
- Camera - optional

NOTE: If you wear contact lenses you should bring a pair of glasses as a backup.