

# Day Hiking Equipment List

It is your responsibility to show up prepared for a trip. Your actions can limit the expedition's ability to meet the objectives of the trip. Make sure all of your equipment is in good working order. If you don't have the gear, get creative! Rent and borrow the gear until you know what you want. Please do not bring cotton for insulation.

Kaf Adventures will provide all group safety gear. It is your responsibility to bring everything that is listed below.

Optional gear is marked (o)

## Personal Equipment

- Backpack: 20-40L capacity (large enough to fit all gear and be hands free when hiking)
- Water Bottles, with at least 2 liters of capacity (can be camelback style)
- Toiletries; with a ziploc for any waste
- Headlamp and extra batteries
- Sunscreen; SPF 30 or more
- Lip balm
- Personal medications
- Lunches & snacks

## Clothing

- Stretchy, comfortable softshell pants (windproof or resistant is recommended)
- Mid-weight sweater/vest (fleece or wool)
- Parka or puffy style jacket (synthetic or down)
- Rain jacket with hood
- Rain pants
- Sun hat with brim
- Outdoor shoes or boots (no sandals, closed toed shoes only)
- Sunglasses
- Wind-breaker + pant (o)
- Neck gaiter/buff

## Miscellaneous Equipment

- Note pad/pencil
- Camera (o)
- Watch (o)
- Bandana (o)
- Trekking Poles (o)