

Day Hikes

What we recommended for a DAY HIKE:

It is essential to be prepared with the proper equipment and supplies when heading out into the woods for more than a couple of hours. Being prepared will greatly enhance your journey and will equip you and your group with the essentials to take care of any problems or difficulties you experience during your hike. Make sure that all of the listed equipment/supplies can and will fit into your day pack.

First, buy a quality day pack from a [local outfitter](#). Depending upon the length and time spent on your day hike, you should be presented with a couple of pack choices.

IN YOUR PACK:

(Late Spring - Summer)

- At least two 32 oz. water bottles (use sturdy “BPA free” bottles)
- Multiple snack items and lunch (trail mix, PB sandwich, Salami/Bologna, Cheese, Fruit, Candy Bars, etc)
- Personal First Aid Kit
- Small Flashlight with spare batteries
- Plastic bag, for any trash you take in, please pack out
- Rain Jacket (at least a lightweight one)
- Sunglasses
- Hat
- Insect repellent
- Tissues
- You should always dress in “layers”(see below) but allow for storage space for those layers in your pack
- Map (study before your trip and know how to use it)
- Compass (Know how to use it. GPS technology makes a great alternative)

ADDITIONAL EQUIPMENT:

(include during Fall - Winter/Early Spring)

- Warm fleece sweater or jacket
- Rain pants
- Warm hat (toboggan)
- Warm, water proof gloves
- Hiking boots that cover ankles
- Hiking Socks
- Towel

“Layers”

Top:
First Layer: Synthetic Short sleeve T-shirt
Second Layer: Synthetic Long sleeve shirt
Third Layer (if needed): Rain Jacket for a “shell” and/or Hiking sweater

Bottom:
First Layer: Synthetic under pant
Second Layer: Shorts (this will give you an option to cool down)
Third Layer: Pants that dry quickly and are breathable

