



## DAY HIKE GEAR LIST

*Congratulations on your decision to join us for what promises to be an exciting trip! Canyon Tough is looking forward to sharing with you the splendor of nature. The following suggestions will help you to prepare better for your adventure. Having the proper clothing, and advance physical conditioning will certainly make for a more satisfying experience. If you have any questions after reviewing this information, please do not hesitate to contact us.*

Note: Snacks will be provided by Canyon Tough, and in some cases a lunch. If you have any dietary restrictions, please plan to bring your own food.

This checklist will vary depending on the time of year, forecasted weather, length and difficulty of the hike, and the location you've chosen to hike. In general, gear for a well-planned day hike should include:

- Daypack or fanny pack
- Rainproof coat with hood
- Sunhat (or toque)
- Sunglasses
- Gloves
- Fleece or warm layer
- Wicking layer (or T-shirt)
- Waterproof or quick-dry pants (zip-offs preferable since you'll have the option of both shorts and full pants)
- Hiking boots or shoes
- Heavy socks (if you're into layering thin/thick pairs)
- Bear Spray (if in bear country)
- Walking pole
- Headlamp
- Guidebook/Map
- Compass (or GPS)
- First Aid Kit
- Lighter
- Pocket knife
- Lunch/snack (plus a little extra... just in case)
- Water bottle (full)
- Insect repellent
- Sunscreen
- Toilet paper