

Recommended Gear for your trip:

Basic hiking gear required for a day hike in the summer:

- 1) **Hiking boots** with adherent sole, "vibram sole if it is possible" waterproof and preferably with high ankles
- 2) Breathable t-shirt, 1-2-3
- 3) Quick Dry Pants-Shorts
- 4) Warm blouse (in a bag in the backpack),
- 5) Jacket (waterproof),
- 6) **Rain coat**,
- 7) Moisture-wicking underwear
- 8) Socks (synthetic or wool)
- 9) Hiking poles (optional), *we will offer them*
- 10) **Small backpack** aprox 20L to 30L,
- 11) **2 l water bottle or reservoir**,
- 12) Sunglasses,
- 13) Sunscreen,
- 14) Sun hat,
- 15) Water Shoes
- 16) Protective Gloves (similar to bicycle gloves)
- 17) Food for the trail (sandwiches, carbohydrate-rich energy bars, granola, trail mix and fruit provide an instant pick-me-up on the trail)

*For winter hiking the company will provide you with: snowshoes, avalanche tracers (if the case) or gaiters

Day Hiking Extras:

HeadLamp or Flashlight

Extra Batteries

ID

Cellphone

Camera