

Day Hiking Equipment List

Please bring completed medical form to first hike.

DAY PACK – should be lined with a garbage bag to ensure dry and warm clothes.

Small Day Pack

- Rain jacket and hat (waterproof)
- Warm hat or toque (wool)
- Mitts
- Warm socks
- Extra sweater
- Wool shirt
- T-shirt (change)
- Water container (with beverage of choice)
- GORP (good old raisins and peanuts for mid hike munchies)
- Knife (for cheese and emergencies)
- Sunglasses
- Bag lunch
- Shorts (optional)
- Camera and film (optional)
- Thermos (optional, for tea, coffee or juice)

Recommended Wear

- Hiking boots (well broken in)
- Pair of warm pants (no jeans)
- T-shirt
- Warm shirt (wool or fleece)
- Wool socks
- Sun Hat

Clothing offers two functions: Warmth and Protection

It should be light enough and not too bulky to hamper your movement while traveling.

Dress in layers

It is best to dress in layers to control your body heat. Each layer creates a dead air space or a pocket of air that will warm up and help to keep your body warm.

Wool is still by far the most efficient material for back-country clothing. The way it is made and spun enables air pockets to stay within the material. Also, the wool keeps this value even when wet by repelling water with natural oils. Wool is fairly bulky, is sometimes heavy and when wet is heavy.

What the new synthetic products are trying to do is imitate the properties of wool. Fleece and pile are two of the new materials that people use. To some effect they have the same qualities of wool but are lighter and dry much faster.

Down products are excellent in dry, cold weather conditions. When it has its loft it forms a large dead air space for warm air to be trapped. If the down gets wet, it loses its loft and its warmth properties. Also when it's wet it takes a long time to dry. Down can pack down very small.

Polarguard or similar products don't seem to have the similar warming properties as down and does not pack as small. It does keep you warm when it is wet because it is loft.

Synthetic underwear-polypropylene is a substance that is good for people who perspire a lot while doing an activity. The polypropylene has the property to expel water, so it draws the moisture away from the skin and stays dry by repelling the water to another clothing layer. This style of synthetic underwear is usually worn close to the body to act like another layer of skin.

More than 50% of your body heat is lost through the head. It is very important to wear a cap or toque when you are cold.

Wool socks are still the best for keeping your feet warm. Two layers of socks - one thin and one thick (a third if you are in really cold conditions). Your feet should be snug but not tight in your boots. If your socks are too tight, they will restrict blood circulation and your feet will get cold.

Mitts are warmer than gloves because in mitts your fingers can re-warm each other. With gloves your fingers are all separated and have to fight the cold by themselves. An overmitten can help keep your hands warm.

Again, wearing clothing in layers enables you to control your body heat. If you take extra clothing with you, you can always put it on when you're cold but if you don't, you can't.

Early preparation helps to keep your wilderness travel safe. Be prepared for cold and rain.

Warm				Cool					Cold					
Body Underwear Shirt Windbreaker/ Raingear				Body Underwear Shirt Windbreaker/ Raingear					Body Underwear Shirt Sweater and more layers if necessary Windbreaker/ Raingear					
1	2	3	4	1	2	3	4	5	1	2	3	4	5	+