



# EASTERN OUTDOOR EXPERIENCES

## Recommended Equipment List

### GEAR LIST FOR DAYHIKES

- Daypack / Backpack
- Hiking boots or **sturdy** hiking shoes: waterproof/breathable.
- Map and compass
- Waterproof/breathable jacket and pants (rain gear)
- Hiking pants (synthetic / nylon)
- Good cushioning socks (wool / synthetic).
- Spare mid layer (e.g. fleece)
- Hat & Gloves
- Lunch and trail snacks
- At least 2 liters of water (Hydration pack or bottles, e.g., Nalgene bottles, or both)
- Headlamp and spare batteries
- Hiking poles
- Whistle
- Personal first aid and prevention (sunblock, sunglasses medications, blister treatment, band aid, etc.)
- Bandana (optional)
- Gaiters (optional)

### ***Gear List Notes***

- *Most Daypacks are between 20 and 40 liters volume. Pack should fit you comfortably when loaded with your essentials for a day of hiking. Packs should have adjustable shoulder and hip belts and a sternum strap to keep the shoulder belts from spreading. These features are nearly universal in “hiking” packs. String bags, packs without hip belts, etc. are not appropriate for miles of back-country hiking.*
- *Hiking boots / sturdy hiking shoes - The rocks and roots you must step on thousands of times on a long day require stability and support for your feet. Most running shoes, sneakers, beach footwear, etc. are not suitable. Most people sustaining lower leg injuries who require evacuation by rescue teams are occasional hikers wearing low topped unsupportive footwear.*
- *Map and compass – All hikers should get in the habit of carrying a compass and high-quality map of the area that they will be hiking. If you are hiking with us, your guide will have these things, but learning to use the map together with a compass is very important if you are venturing into the backcountry. Even in your local community park, a compass could in some circumstances make your life easier. As one of the simplest examples, if you lose the trail and are a little disoriented in the woods, but know from the map that Main Street is nearby and runs along the east side of the park, using the compass to hike east to the road could soon have you no longer lost.*
- *Waterproof Jacket and pants – Lightweight rain gear may be needed at any time unexpectedly in the summer. The rain gear should be breathable.*
- *Zip-off / convertible hiking pants that can be converted between shorts and long pants are a good option in summer. They should be made of a fast-drying fabric (for example, nylon).*



- *If you are prone to blisters, consider wearing a pair of thin wool or silk liner socks under your hiking socks. It is also a good idea to carry a second pair of dry socks.*
- *The need for a hat and gloves varies by season, but even in the summer it is usually a good idea to have a light hat and gloves in your pack. If you are bald, a hat with UV blocking is essential for preventing sunburn. Baseball caps also help keep the sun out of your eyes, rain off of your eyeglasses, etc.*
- *Water bottles - Most bottled spring water bottles are too flimsy and prone to leaking when re-capped to be good for hiking. We have found that reused 32oz Gatorade bottles are sturdier and have a sturdy cap and have worked quite well when refilled.*
- *Hiking poles could be optional for some people, but for most people they are recommended. Hiking / Trekking poles offer additional points of contact with the ground preventing falls or mitigating awkward steps and over the course of a long day the amount of reduced stress on your knees can add up significantly. They are very helpful when descending steep trails.*
- *A small light plastic high-decibel whistle is easy to attach to your pack and hopefully never use. In an emergency, whistle blasts in groups of 3 indicate that you are in distress and need assistance. You can keep blowing your whistle for a lot longer than you can yell and the whistle can be heard farther. Rescuers and knowledgeable hikers know what three whistle blasts means.*
- *Bandana – there are many possible uses for this lightweight piece of gear. Just a few include wiping sweat out of your eyes, keeping the sun off of your head and neck, and dipping it in a cool stream to refresh yourself.*
- *Gaiters can help keep your boots and feet dry and keep grit out of your boots (especially if you are wearing lower topped hiking shoes). When hiking off-trail, they can also prevent branches from catching in your shoelaces or pants bottoms and snagging you or un-tying your shoes as you walk.*

#### **Notes about waterproof and breathability:**

- *Waterproof garments and footwear will shed water up to a point. If you are ever out all day in a downpour, you will get wet.*
- *Breathability of garments is important because they can also wet from the inside due to your sweat.*
- *Breathability is a relative thing. Non-waterproof jackets are more breathable than waterproof-breathable jackets. Well-designed waterproof/breathable garments allow moisture from your sweat to “breathe” one-way through the fabric rather than building up inside the jacket. Features such as rain jackets with vents (e.g., “pit-zips”) are helpful for venting moisture faster than just through the breathable fabrics.*
- *The classic rubber rainslicker isn’t breathable at all. It will keep all of the rain out and all of your sweat in...the result being that you get soaked anyway while hiking.*

