

Personal Gear List for Day Trips (Fall/Winter)

- Rain jacket and pants
- Clothing:
 - One pair of long pants
 - One long sleeve shirt
 - Fleece jacket (non-cotton) or heavy sweater
 - Long underwear (non-cotton)
 - Two pairs of socks (non-cotton)
 - Hiking boots
 - Heavy jacket (non-cotton)
 - Gloves (non-cotton)
 - Wool or fleece hat
- Flashlight and/or headlamp with extra batteries
- Water bottle
- Toiletries, personal hygiene items and medications

Optional Items

- Sunglasses
- Sunscreen
- Chapstick
- Insect repellent
- Camera
- Book
- Knife
- Whistle
- Binoculars
- Compass and/or map

Please keep everything as compact as possible.