Day Hike General Information

Outdoor Adventures provides transportation and guides for our day hikes. Participants should consider bringing the following:

**Food**
- Lunch
  - Sandwiches, salami and cheese, hummus and crackers, etc.
- Snacks
  - Cliff Bars, trail mix, cookies, carrots, apples, etc.

**Equipment**
- Day pack
- Water bottles/bladder, 2 liters
- Sunglasses, sunscreen and hat

OA will provide first aid kits

**Clothing**

**Feet**
- Synthetic/wool socks (x2 if feet get wet)
- Athletic shoes or hiking boots

**Lower Body**
- Hiking pants/shorts (preferably synthetic material-no jeans!)

**Upper Body**
- Synthetic t-shirt
- Synthetic/wool long-sleeve
- Warm outer layer (Down, sweater, or fleece)
- Rain Jacket/ poncho

**Please Do NOT Bring:**
- Large electronics such as drones
- Drugs or alcohol

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