

# OUTDOOR ESCAPE



## Day Hike Guideline Packlist

Getting the right gear can make a big difference in your experience.  
Contact us or visit us in-store for assistance.



### Footwear

- Hiking Shoes/Trail Running Shoes



### Gear

- Hiking Daypack
- 2L carrying water capacity(Bottle or Bladder)
- Trekking Poles (Optional)



### Food

- Freeze-Dried Food
- Energy Bars/Snacks
- Electrolytes



### Personal Gear

- First Aid Kit/Blister Kit
- Emergency Blanket
- Sun Lotion



### Clothing

- Waterproof Jacket
- Down Jacket
- Lightweight Fleece
- Thermal Baselayer Long Sleeve Top
- Thermal Baselayer Long John Pants
- Quick Dry Long Sleeve Shirt
- Technical Pants/Tights
- Hiking Socks
- Hiking Liner Socks
- Broadrim Hat
- Gloves
- Beanie / Buff / Neck scarf
- Underwear
- Gaiters (Optional)
- Waterproof pants (Optional)