

## **Equipment Checklist – One Day Hikes**

### **High Country Hiking Tours will provide**

- Walking poles
- Gaiters

### **You will provide**

- Boots – 1 pair
- Socks – 2 pairs (1 pair to wear, 1 spare pair)
- Pants/shorts – 1 pair (or 1 pair of long pants & 1 pair of shorts)
- Base layer – 1 (short or long sleeve - depending on weather)
- Mid layer – 1
- Shell layer – 1
- Waterproof pants – 1
- Thermal top and pants – 1 pair (on cold days)
- Warm hat – 1 (on cooler days)
- Cap/Sun hat – 1
- Gloves – 1 pair (on cooler days)
- Buff/Neck warmer/Scarf – 1
- Spare shoelaces – 1 pair
- Hydration bladder/Water bottle
- Camera including spare batteries and memory cards
- Watch
- Sunglasses
- Pocket knife
- Toiletries
  - Toilet paper
  - Sunscreen
  - Hand sanitiser
  - Lip balm
  - Tissues

- Insect repellent
- Personal First Aid Kit
- Food
- Ziplock bags – 2 medium