

33rd Venturer Company

Hiking Equipment

August 8th, 2005 – Carlos D'Assumpcao

Personal Equipment

- Hiking boots
 - High cut: must have ankle support
 - Good traction
 - Water resistant/waterproof: leather, wax-treated leather, Gore-tex, etc
- Wool socks
 - Additional cushioning
 - Keeps foot warm when moist with sweat
 - Assists with wicking of moisture
- Liner socks
 - Wicks moisture away from foot, keeping it dry
 - Cotton OK
- Clothing
 - Loose fitting shirt. Loose fitting pants/shorts. Uniform OK.
 - Loose but not dangling. Promote air circulation
 - Avoid cotton
 - Warm jacket
- Day pack
 - Minimum 1 Full 1L water bottle
 - Spare wool and liner socks
 - Just in case
 - Lots of snacks
 - No chocolate bars
 - Dried fruits, nuts, Smarties, trail mix, etc
 - Rain gear
 - Waterproof/breathable, nylon, etc
 - Jacket and optional pants
 - Sunscreen
 - Insect Repellent
 - Sunglasses/Snow goggles
 - Gloves, toque
 - Higher elevations
 - Survival Kit
 - Map, compass, pen/pencil, notepad for hike log, sketches, etc.
- Hat/Beret

Group Equipment

- First aid kit
- Water Treatment Kit

Optional

- Camera, binoculars, field book, notebook
 - Reference for things seen on trail

Tips

- Wear thinner clothes in layers
- Shed/Add layers to regulate body temperature
- Avoid sweating