

Equipment list for a day hike

Having the right gear is key to safety in the mountains. We have to be ready for the Rockies' unpredictable weather and also to be ready to stay warm in case of emergency.

Footwear

Hiking boots - recommended.
Lightweight or moderate-weight. Broken-in.

-or-

Hiking shoes

Less stability and ankle protection when walking on uneven terrain.

Clothing

Layers, layers, layers!

Socks

Wearing an appropriate pair of socks can make a big difference on your footwear fit and comfort during the hike. Good choice: wool hiking socks. **Extra pair.**

Base layer: short or long sleeves. Good choice: merino wool, synthetic materials.

Mid-layer 1: Medium weight (i.e. fleece, wool).

Mid-layer 2: Warm jacket (i.e. thick fleece, down jacket)

Waterproof Jacket: with hood. Good choice: Gore-Tex or equivalent.

Light weight pants or shorts. Good choice: nylon. No jeans.

Gloves or mittens. Good choice: Gore-Tex or equivalent.

Sunhat or cap. Hat/Tuque, ear warmers or Buff.

Recommended:

Waterproof pants or gaiters. Good choice: with side zippers, Gore-Tex or equivalent.

Miscellaneous

Backpack: large enough to carry spare clothing, lunch and water. (25 - 40L recommended)

Water: 2 liters.

Trekking poles: helps reduce impact on knees and back, specially on the way down.

Sunglasses with good UV protection

Sunscreen

Toilet paper

Mosquito repellent

If you are missing any of the above, contact us to see if we can provide it for you.



Equipment list for a day hike

Go Back

Having the right gear is key to safety in the mountains. We have to be ready for the Rockies' unpredictable weather and also to be ready to stay warm in case of emergency.

Footwear

Hiking boots: lightweight or moderate-weight. Broken-in.
Recommended.

-or-

Hiking shoes.

Less stability and ankle protection when walking on uneven terrain.

Clothing

Layers, layers, layers!

Socks

Wearing an appropriate pair of socks can make a big difference on your footwear fit and comfort during the hike.

Good choice: wool hiking socks.

Extra pair.

Base layer: short or long sleeves.

Good choice: merino wool, synthetic materials.

Mid-layer 1: Medium weight (i.e. fleece, wool).

Mid-layer 2: Warm jacket (i.e. thick fleece, down jacket)

Waterproof Jacket: with hood.

Good choice: Gore-Tex or equivalent.

Light weight pants or shorts.

Good choice: nylon.

No jeans.

Gloves or mittens.

Good choice: Gore-Tex or equivalent.

Sunhat or cap.

Hat/Tuque, ear warmers or Buff.

Recommended:

Waterproof pants or gathers.

Good choice: with side zippers, Gore-Tex or equivalent.

Miscellaneous

Backpack: large enough to carry spare clothing, lunch and water. (25 - 40L recommended)

Water: 2 liters.

Trekking poles: helps reduce impact on knees and back, specially on the way down.

Sunglasses with good UV protection

Sunscreen

Toilet paper

Mosquito repellent

If you are missing any of the above, contact us to see if we can provide it for you.