



Standard Hiking Supplies

Standard supplies for Metro Movers and Hike for Health

- Appropriate Footwear: either hiking boots or equivalent with lugged soles for trails, sturdy shoes for walks
- Clothing layers that wick well and allow you to maintain a comfortable temperature in hot and cold conditions, preventing condensation from sweat:
 - a lightweight, breathable base layer
 - a middle warmth layer
 - a rain jacket as third or outer layer (also serves as windbreaker) and optional rain pants
- Hat (wide-brimmed in summer, warm in winter)
- Gloves (under cold weather conditions, including high altitude in spring/fall)
- Water – enough for the hike length, adjusting for temperature, elevation gain and sun exposure. Recommend a base amount of 8oz per mile plus a spare pint for emergencies.
- Whistle on person (e.g. on lanyard around neck)
- Sunglasses (optional, but recommended for some hikes)
- Hiking poles (optional, but recommended for some hikes)
- Optional energy snack

Additional standard supplies for Hike for Health

- Traction Footwear, either hiking boots or equivalent with lugged soles
- Knapsack or other means to carry hiking gear (chest and hip straps highly recommended)
- Hiking socks (either lined wool, liner sock + outer sock, or other system that insulates and breathes and prevents hot spots and blisters.)
- Food for snacks on the trail and lunch, with extra for emergencies
- Personal First Aid Kit
- Flashlight (small, lightweight, LED recommended)
- Emergency blanket/shelter
- Spare eyeglasses (optional, but recommended)
- Many additional safety items (e.g. map, compass, communication devices, Wilderness First Aid Kit) are carried by the hike leaders, so it is important that all hikers stay with the group. The hike leaders will be introduced at the trailheads.

Lifelong Recreation

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