

RECOMMENDED CLOTHING AND OTHER GEAR FOR HIKING PROGRAMS

Your choice of clothing should be influenced by (1) our comments concerning weather, (2) personal comfort, (3) space limitations. Note that most of your clothing will be transported in your luggage in our support van. On certain nights, though, for some hiking programs, we will be without access to that support van, and therefore dependent on the carrying capacity of our daypacks for clothing and other personal articles.

Water carrying capacity is vital, and your daypack may be equipped to carry water containers. Other options are a fanny pack water bottle carrier or a camelback style pack that has both a water bladder (at least 64-ounce capacity) and a separate compartment to carry needed personal articles.

A word about the most important part of your anatomy on a hiking program – your feet! We strongly recommend that you opt to hike in a hiking boot, and low-cuts or light hikers are preferred, rather than sneakers or running shoes, which do not provide sufficient support and traction for trail conditions that we will experience. And, **please**, do not show up with a brand new pair of boots that you will be wearing for the first time – be sure in advance that those boots have been “broken-in”, and are a comfortable fit (be aware that a comfortable, snug fit in the store can become agonizingly too tight as your feet swell in the course of an actual hike). Brand new boots can transform a magnificent trek into an excruciating nightmare in an amazingly short period of time. Bring an ample supply of moleskin along to apply to those traditional “hot spots” before they ever become “hot”. A small pair of scissors to cut the moleskin would also be a good idea. We will be equipped to introduce you to the miracle of duct tape.

CLOTHING RECOMMENDATIONS

Hiking boots and socks

Hiking shorts

Short sleeve T-shirts

Long sleeve T-shirts (evenings and cool mornings, even for Southwest programs)

Jacket (fleece, e.g.), sweater or sweatshirt (for warmth)

Leg tights, warm-up pants

Rain gear

Hat or other head covering (for sun protection)

Leisure clothing, including comfortable shoes for evenings (informal, casual and comfortable is the rule – evenings can be cool to cold)

Swimsuit

Tevas, aqua socks or old sneakers (for those programs where we will be wading through water, rafting, canoeing, etc. – e.g. Grand Canyon, Big Bend, Canyonlands, Bryce/Zion, and Hawaii Hikes. **Note—for Bryce/Zion and Big Bend Hikes---bring old sneakers, rather than Tevas for walking on rocky river bottoms**)*

Gloves – lightweight for some cold mornings

PERSONAL ARTICLES, OTHER GEAR

Daypack (not a full frame pack better-suited for backpacking)

Water container carrier (if not a feature of your daypack)

(3) 28 ounce water bottles or equivalent water capacity

Sun glasses

Sunscreen (spf of 15 or greater) and lip protection

Camera, film and binoculars

Moleskin and personal first aid kit

Walking sticks/trekking poles (optional)

* **Special Note relative to Hawaii programs:**

- Recommendations relative to fleece jackets, leg tights & warm-up pants, gloves hopefully are not necessary for Hawaii Hikes, **with the exception of Volcanoes National Park Hikes, where we will be at elevation at times, with the potential for markedly cooler temperatures at times.**
- Rain gear should be lightweight and breathable.
- Trekking poles will be particularly helpful on hikes like the Na Pali Coast on Kauai and into the craters of Volcanoes National Park on the Big Island.
- We will have optional opportunities for snorkeling on both Kauai and Hawaii---consider bringing your own mask and snorkel---fins, which are more difficult to pack, are readily available for rent, as are masks, but there are the obvious advantages of having your own mask and snorkel, rather than relying on a rental.