**Packing List**

1. **Backpack**
   1. Small day-pack to carry all the following
2. **Sun protection**
   1. Sunscreen
   2. [Lip balm](https://www.rei.com/c/lip-balm)
   3. [Sunglasses](https://www.rei.com/c/sunglasses)
3. **Appropriate attire**
   1. Hot Weather: Light colored shirt, shorts, sneakers
   2. Wet Weather: Rain jacket, towel, boots, pants, extra socks
   3. Cold Weather: Heavy jacket, gloves, boots, pants, winter hat, scarf
   4. *Please Note\** open toed shoes or sandals are not allowed on the trails
4. **First-aid supplies**
   1. Epi-pen (if required)
   2. Inhaler (if required)
5. **Nutrition**
   1. Snack (appropriate to eat on trails)
   2. Granola or protein bars work best
   3. Trail-mix works just as well
6. **Hydration**
   1. [Water bottles](https://www.rei.com/c/water-bottles) or [hydration system](https://www.rei.com/c/hiking-hydration-packs) (camel-bak)