**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)