

ExL Hiking/ River Ecology Day Gear List



Hiking specific, please come dressed ready to hike with the following:

- 1 pair of sturdy hiking boots or shoes (comfortable fit, may get muddy, ideally with good ankle support)
- 1 pair of hiking pants or shorts depending on weather (lightweight nylon, quick dry or athletic pants, no cotton)
- 1 short sleeve top (polypro, capilene, wool, silk, no cotton)
- 1 long sleeve thermal top (polypro, capilene, wool, silk, no cotton))
- 1 pair of wool or synthetic socks (no cotton)

- A **Day Pack** waterproofed with a garbage bag (*to bring for ALL ExL days*):
 - Lunch and lots of snacks (nut free)
 - Full water bottle (1 L)
 - 1 pair running shoes
 - 1 rain jacket (waterproof, Gore Tex or nylon **with a hood**)
 - 1 rain pants (waterproof, Gore Tex or nylon)
 - Fleece jacket or wool sweater (no cotton)
 - 2 Face masks (1 as a spare in a ziplock bag)
 - Hand sanitizer
 - A positive attitude and open mind
 - *If necessary: orthopedic braces for joints if you own one (i.e. ankle, knee, wrist)
 - *If currently taking medications- clearly label name, dosage & instructions

Optional depending on weather forecast

- Sun hat/ sunscreen/ sunglasses/ lip sunblock
- Wool or fleece toque
- Mittens/ gloves
- Hiking poles

