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<p>Beanie or Fleece Hat</p>	<p>Should cover the ears, it will be cooler in the early morning.</p>	
<p>Emergency Medical Blanket</p>	<p>Emergency survival blanket for warmth. If the weather turns bad, you will be glad you have this.</p>	
<p>Food</p>	<p>Proper food that are prepared ahead of time is recommended (sandwich, burrito, rice, grilled chicken, etc.), along with an assortment of quality bars, fresh berries, or trail mixes.</p>	<p>Local Grocery Store</p>
<p>Headlamp</p>	<p>Load with fresh batteries. Critical for hiking before sunrise and great to have in the pack in case you are caught out after dark. (**NOTE** Select a lamp that is simple to use and is LED)</p>	
<p>Lightweight Baselayer Top</p>	<p>Synthetic or Merino Wool; Worn against the skin and is considered a “wicking” layer that facilitates the movement of moisture away from the skin and through the layers. (Hooded base layers add extra versatility if needed)</p>	
<p>Lightweight Gloves</p>	<p>Synthetic; Thin gloves used when hiking the early morning approach as it tends to be cooler.</p>	
<p>Hiking Boots</p>	<p>Gore-Tex, insulated, leather or synthetic boots. Two levels of boots can be appropriate depending on the season, conditions, and personal needs. Most popular season is lightweight (May – October): This is a single-layer, semi-insulated, waterproof boot, such as the Salomon Ultras. (**NOTE** Try on your boots if you can before you purchase them. The wrong shoe purchase can make all the difference from an enjoyable time or not.)</p>	
<p>Neck Gaiter</p>	<p>“Bufs” are quite versatile in their uses. They can be used as light beanies, neck warmers, and can offer face protection from the cold, wind, or sun.</p>	

<p>Softshell and Fleece Jacket</p>	<p>Water-resistant, windproof, yet it “breaths,” which means it allows moisture to move through. Hoods are ideal. There are multiple thicknesses of Softshell jackets. A lightweight or medium-weight jacket is preferred. Fleece jackets are acceptable.</p>	
<p>Softshell Pants</p>	<p>Softshell material is stretchy, wind-proof, water-resistant, and resists abrasion. Mid-weight is recommended, and light-weight pants can work for warm days. Typical thin, nylon “hiking pants” are generally not tough enough.</p>	
<p>Sun Hat</p>	<p>A billed hat to keep the sun at bay during the approach and descent.</p>	
<p>Synthetic or Down Puffy Jacket</p>	<p>Fits over all other layers and is worn at breaks and on really cold days. Synthetic puffers are more durable, are easily laundered, and dry out quickly if wet. Down puffers are lighter weight, pack smaller, and provide exceptional warmth, but once wet, they stay wet.</p>	
<p>Sunglasses</p>	<p>“Wrap-Around” style sunglasses with 100% UV Protection.</p>	
<p>Lip Screen SPF 15 or higher.</p>	<p>Travel size.</p>	
<p>Sun Screen SPF 20 or higher.</p>	<p>30 SPF or higher is recommended as well as waterproof and sweat proof. 8 ounces will be plenty, and we typically carry one with 45+ SPF for our faces and a 30 SPF for other exposed areas. Banana Boat, REI, Kinesis and All Terrain are good options.</p>	
<p>Trekking Poles</p>	<p>Trekking poles come in handy for both up and down hill but will serve you best on the downhill saving the wear on your knees. Collapsible poles that can store in your pack when not in use are best.</p>	
<p>Personal Toilet Kit</p>	<p>At minimum, bring a small Ziploc with toilet paper. Consider bringing a travel sized package of hand-wipes. Ideally, purchase the Rest Stop, known as “Blue Bags” in the Pacific Northwest, or the “Wag Bag” in other areas, are poop-in-a-bag systems that include toilet paper and a sanitizing hand wipe.</p>	
<p>64oz+ Camelbak Water Bottle</p>	<p>A 2-liter water bottle is essential for hydrating at lunch, around the camp, and refilling throughout the day. Stay away from glass and heavy metals and look for Lexan® for durability. (**NOTE** If you have a hydration pack in your backpack that will carry 3 liters you may not need to carry more water)</p>	

Bug Spray	We will be outdoors so it is recommended to have some form of Bug Spray.	
Synthetic or Merino Wool Socks	Wool and synthetic blends are great for long days on the trail. "Ski" and "Snowboard" socks are especially useful when warmth is desired.	
Waterproof Shell Jacket	Non-insulated, Gore-Tex, Dermizax, Event, or other waterproofing system is required. Mostly, this jacket sits in the bottom of your pack and comes out when the weather gets nasty with precipitation. (**NOTE** This jacket should fit over all other layers so size up.)	

NICE TO HAVES

Baselayer Bottoms	Synthetic or Merino Wool, Lightweight or mid-weight are recommended.	
Bear Spray	The 9.2-oz spray combines maximum stopping power with a superior range of 35-feet, meaning you can deploy it from a safer distance to deter an aggressive bear. It travels up to 15-feet (4.6-meters) farther than other bear sprays to put more distance between you and the attacking bear.	
Compass	Survival Compass for Hiking that is also Waterproof.	
First Aid Kit	You should bring a small First Aid Kit including blister prevention and care products such as a roll of athletic tape and Moleskin. Your kit should also contain a few Band-aids, some Tylenol and Ibuprofen.	
Hand and Feet Warmers	Up to 11 Hours of Heat, Super Long Lasting - Easy, All Natural - Air Activated, for Body, Hands & Toes - Odorless Hot Hand Warmer - Sport Temp	
Whistle	SUPER LOUD survival whistle: double tubes emergency whistle, high pitched powerful noise maker with dual sound chambers, can provide up to 120 decibel dB sound power, enough to be heard over a mile away.	

<p>Approach Shoes</p>	<p>These are "hiking" shoes specifically made for approaching and descending from a climbing venue where scrambling is necessary, or even for climbing an entire route. They have sticky climbing rubber on the bottom and a formed fit to influence better climbing abilities while scrambling. Consider high-tops for additional ankles support if needed. Regular hiking boots or trail style shoes may be acceptable for many climbs. (**NOTE** Try on your boots if you can before you purchase them. The wrong shoe purchase can make all the difference from an enjoyable time or not.)</p>	
<p>Binoculars</p>	<p>Athlon Optics Midas Binoculars for Adults and Kids, Waterproof, Durable Binoculars for Bird Watching</p>	
<p>Multi-Tool</p>	<p>Gerber Gear Suspension-NXT 15-in-1 Multi-Tool Pocket Knife Set - EDC Gear and Equipment Multi-Tool with Pocket Clip - Stainless Steel</p>	
<p>Trowel</p>	<p>NACETURE Ultralight Backpacking Trowel Aluminum Shovel Small Potty Multitool with Longer Handle Design Essential for Hiking, Camping and Survival Bags(Black...</p>	