

# Packing List for Day Trips

## **10 Hiking Essentials:**

Whistle **	Sunglasses
Map (supplied by Cascadia Wild)	Matches (in waterproof container) **
Compass **	Firestarter **
Flashlight or Headlamp **	Pocket Knife **
Extra Clothes	Extra Food

\*\* Starred items are included in a safety kit that can be checked out.

## **Dressing for the snow:**

Cotton clothes are not appropriate for the winter outdoors in this area. Cotton, when wet, does not insulate. Instead, it actually speeds up the rate at which you lose body heat. ALWAYS WEAR wool or synthetic clothes!!

Think layers. Several thinner layers are better than one thick layer, because you can remove or put on layers as needed to regulate your temperature.

The best dressing includes: long underwear tops and bottoms (non-cotton, of course), warm pants and shirt (non-cotton of course), warm sweater, shell jacket and pants that are waterproof and breathable.

A large percentage of your heat is lost through your head. ALWAYS bring a warm hat.

Snow boots and mittens/gloves complete the outfit. Many people also like to wear a scarf or neck gaiter.

## **Other Necessary Gear**

Snowshoes  
Water and lunch

## **Other Helpful Gear**

Sunscreen (snow reflects the sun, increasing it's brightness)  
Ski poles/ Walking stick  
Gaiters (shell for the lower leg)  
Journal and pencil/pen  
Tape measure  
Field guides  
Personal bathroom kit (ex- toilet paper)  
Dry change of clothes for the ride home

Cascadia Wild has cold weather clothing to loan out. Please contact us to see if we have what you need.