



Hike safe & inspire

This is an introduction to hiking list for hikes up to 3 hours long. A longer day hike and overnights may require additional equipment. For more info go to www.OC-Hiking.com

Into to hiking equipment checklist	
Comfortable shoes: running shoes, trail running shoes, hiking boots	1 shoe size bigger than normal (your feet will swell), more tread for steeper inclines, ankle support for uneven terrain.
Socks	Wool synthetic blend: favorites are Thorlow, Smartwool, injinji toe socks
Water and snacks	Bring water extra and hydrate frequently, add electrolytes to water. Snacks include: fruit, gorp, Fig Newton's, power bars
Hot weather:	Sunscreen, sunglasses, hat, long sleeved sunproof/wicking fabric, shorts, pants or yoga style pants (Under Armour)
Cold weather	Wear layers: under garments, fleece, gortex/windproof outer layers, hat and gloves
Small backpack	To carry your stuff
Small digital camera	Not the big one with all the lenses. Put new batteries in before leaving the house and empty the memory card
Small flashlight	Just in case (Petzel headlamp)
Clean shirt/sweatshirt	Have a clean shirt/sweatshirt waiting for you in the car

The most common problems on the trail are:

- 1. Physical ability:** Overestimating one's physical ability.
- 2. Water supply:** Not bringing enough; not drinking enough.
- 3. Footwear issues:** Including blisters, and low tread causing slips on the trail in loose dirt or gravel.
- 4. Poor preparation:** Missing or improper equipment.
- 5. Hot weather:** Forgetting sunglasses, hat, sunscreen, not wearing the right fabric-clothing.
- 6. Cold weather:** Not wearing multiple layers including under garments, fleece, gortex/windproof outer layers, hat and gloves.
- 7. Attitude is everything:** A positive attitude impacts the whole group – so does whining.

A well-equipped hiker is a happy hiker, and the whole group benefits. Proper preparation will make any outdoor event enjoyable, and asking questions will increase your knowledge and understanding of the outdoors.