



Adventure Hiking Gear List

- Hiking Boot or Shoes
- Hiking Socks long if you will wear Hiking Boot Short if you will wear hiking Shoes
- Hiking pant or Short quick dry (Not Cotton)
- Hiking T-Shirt quick dry (Not Cotton)
- Waterproof Jacket just in case of rain (option)
- Swimwear for kayaking
- Cap or Hat
- Sunglass
- Day bag 25L to 30L Recommended with good shoulder and waist straps to carry in the snacks, water, and personal stuff
- Hiking poles (if you have knee problems)
- Personal first AID (Advil, band aid, antiseptic, hand sanitizer, wet wipes, etc..)
- SPF 50 or more Sun cream
- Energy bar snacks just in case if they will feel hungry during the hike (option)

Recommended

- Trekking poles (It is recommended to use to get acquainted with it for future and more challenging hikes. It also helps take off some of the pressure of your shoulders and knees)
- Hydration drinks (ELECTROLYTE DRINK, SPORTS DRINKS, HYDRATION TABLETS)
- Power bars (Protein, Amino Acids)
- Water Bladder
- Snacks / Fruits
- Extra shirt, towel, flip-flops (for after the hike)

NO – NO – NO (Don't even think about it!)

- JEANS / SANDALS ON HIKE