



What you need for our Hike

**Lunch will be provided by the Lodge

1.) Required

- a) 2x Masks, the masks should:
 - Allow for easy breathing
 - Fit securely to the head with ties or ear loops
 - Be comfortable and not require frequent adjustment
 - Be made of a least 2 layers of tightly woven material
 - Be large enough to completely and comfortable cover the nose and mouth without gaping
 - You must have at least two masks as once masks are wet they are no longer effective
- b) Hand Sanitizer – guests are required to bring their own personal bottle of hand sanitizer

2.) Suggested Clothing to Wear / Bring

- Base Layer top and bottoms (synthetic or merino wool)
- Non cotton socks
- Pants and shirt
- Light fleece or soft-shell jacket
- Hiking shoes or boots with good tread (no sandals)
- Hiking Poles

3.) Suggested Items to Pack

- Small Backpack (Less then 25L)
- Any Medications (and EpiPen if required)
- Waterproof/breathable jacket with hood
- Water and some light snacks
- Camera or cell phone
- Sunglasses with good UV protections
- Hat or sun hat with brim
- Sunscreen and lip protection, min SPF 30
- Bug spray

YOUR GUIDE WILL HAVE

- Bear Spray
- Group First Aid Kit
- Emergency Tarp / Shelter
- VHF Radio and Cell Phone
- Map & Compass
- Repair Kit