Cascades Day Hike Packing List
The Northwest School Outdoor Program

IMPORTANT NOTES:
• This list includes precisely the items that are needed to travel comfortably and safely in alpine regions of the Cascade Mountains during this time of year. You are required to bring everything on this list.
• Please do not purchase new gear for this trip. If there are items you need on this list, take note and let us know in the pre-trip meeting.
• Electronic devices are not permitted on this trip. Please contact the trip leader (Olivia.heeter@northwestschool.org) if you have any questions or concerns about this.

DAY HIKE PACKING LIST –

EQUIPMENT NEEDED – note this is different than the usual list. Pay close attention!

General notes:
• Plan for cold, wet, windy weather. And hope for sun!
• No cotton, except for maybe your t-shirt. Athletic, quick-dry t-shirt and layers will dry quickly and keep you warm!
• Bring a headlamp/flashlight with extra batteries
• No cotton
• Map (to be supplied) and Compass

Feet:
• Hiking shoes that you have worn before
• Wool or polypro socks (2 pairs – one on feet, one in pack!)

Clothing, etc.:
• Long underwear base layer.
• Rain gear – top and bottom.
• Pants or shorts for hiking in (see note about cotton! Jeans are cotton!)
• Light weight shirt for hiking (you will warm up no matter what the weather)
• Mid-weight fleece/insulated layer
• Down or synthetic coat or really warm fleece
• One more warm and quick dry layer – to have in your bag as backup
• Hats – 2 kinds: one for the sun and one for the cold.
• Gloves
• Sunglasses
• Sun block & lip protection
• Daypack to carry your stuff

Food
• Protein-rich snacks
• Lunch – something that will fill you up and does not have tons of packaging.
• Extra food for if you are out there longer than planned… (second sandwich? lots of bars? energy goo?)
• Water. 2 liters