

New to Outdoor Adventures???

Here's a Frequently Asked Q &A: *What Should I Bring to an SJOE Outdoor Event?*

Bringing the proper equipment and supplies in your daypack will add greatly to your enjoyment and your safety as well as to the enjoyment and safety of the group.

If you aren't familiar with the event or area where you will be going, discuss details with the event leader. Ask such things as: *Are there any water crossings?* (i.e. should you add a water shoe?). *How hilly or strenuous is it?* (i.e. so you might bring more water or light gloves if scrambling through rocks, etc.). *Would walking sticks be advisable?* (many hikers use them in all conditions; others prefer to only use them on certain hikes).

CHECKLIST:

- ✓ Water (bring extra in hotter weather, and for hikes with lots of elevation gain-- consider up to .5 litres per hour)
- ✓ Sturdy footwear with good grip/tread with good sock (many add liner socks)
- ✓ Lunch and Snacks (e.g. sandwich, nuts, energy bars/snack mix, fruit)
- ✓ Personal first aid kit with band aids, (meds for allergic reactions to insect stings if needed), personal hygiene supplies (wipes/paper, trowel, waterproof zipper bags)
- ✓ Personal ID, Medical information, Your car keys
- ✓ Rain gear or poncho (no matter what the forecast)
- ✓ Cell Phone, Camera (optional)
- ✓ Sunscreen and insect repellent (unscented if possible as many insects are attracted to certain aromas and other hikers may have allergic reactions to strong scents)
- ✓ Sunglasses, Hat/Cap and sometimes a Headlamp or small Flashlight
- ✓ Extra clothing – long sleeve shirt, extra socks
- ✓ In Winter: Insulation layer(s), hat, gloves
- ✓ Other items to consider: walking sticks, whistle, knife/multi-tool, large plastic bag, nylon cord, small towel, space blanket, and a pack capable of holding the gear.