

# Tahoe Adventure Company



## ☞ Equipment List for Hiking – Fall & Spring Season ☞

Thank you for choosing the Tahoe Adventure Company. Our guided hiking trip will travel approximately 3-12 miles over a variety of terrain. We will be outdoors for the duration of your trip. **Mountain weather can vary widely throughout the day, especially in the autumn season, so please follow this list closely;** it is designed to make your outing more comfortable. Remember, dressing in layers is the key to comfort.

### **For Hiking**

- ☞ Loose fitting athletic pants or sweats and walking shorts (can be worn underneath pants)
- ☞ Comfortable walking shoes, light hiking boots or cross trainers with Wool socks (for warmth and extra padding)
- ☞ Long sleeve shirt. Polypropylene/ "Capilene" or other synthetic clothing is best, but not required.
- ☞ A sweatshirt, fleece jacket or sweater **and** a windbreaker.
- ☞ Rain jacket
- ☞ Sun Screen (SPF 15 or higher)
- ☞ A hat with a brim.
- ☞ Sunglasses (Suggested: neck strap such as "Chums" or "Croakies")
- ☞ A small backpack or hip pack to carry your things
- ☞ Reusable water bottle

### **For added comfort on cooler days:**

- ☞ Light/thin gloves or mittens
- ☞ Beanie

### **For Evening Full Moon and Star Tours:**

- ☞ Headlamp
- ☞ Camp chair for Star Tour
- ☞ Blanket for Star Tour

Remember, dressing in layers is the key to comfort.

If you have any questions about gear for your trip please give us a call or e-mail.

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