

Thank you for hiking with *Catskill Mountain Wild* --
Here are some things you need to know.

What to wear

Footwear : Sturdy and proper fitting sneakers or hiking boots.

**Sneakers will suffice on most easy and moderate hikes. Hiking boots or hiking shoes are suggested for difficult hikes on more rugged terrain.*

Do not wear flip flops, sandals, crocs, etc.

Clothing : Comfortable and loose fitting.

**You don't need to dress like Bear Grylls – Think about what you'd wear to the gym or to a yoga class! Be comfortable. Wool and synthetic materials like polyester and nylon are great! Dress in layers to maintain a comfortable body temperature.*

Avoid jeans, cotton socks and other heavy cotton items. Cotton holds onto moisture and can cause blisters and chafing.

What to bring

Water : At least 1 liter per person, preferably 2 liters.

Trail Snacks : Fruit, granola bars, trail mix...whatever makes you happy.

Meals : Hikes will usually go through at least one meal on the trail. Please pack accordingly.

Extra Layers : Even on hot days, a light jacket may be desired. Keep in mind that the temperature will be lower in the mountains.

Rain Jacket/Poncho : Weather can be unpredictable in the mountains. It's best to have it and not need it, than need it and not have it. Ziplocks and garbage bags are great ways to keep your stuff dry in your pack.

Optional Items : Camera, notepad and pencil, chapstick, sunblock, bug spray, trekking poles, toilet paper (You never know when you'll have to go!)

Medication : Don't forget pills, inhalers, epi-pens and anything else you may need.

Backpack : It doesn't have to be fancy, but you'll need a way to carry your belongings.

Let your guide know before your adventure if you can't obtain something on this list.

Winter hikes, bushwhacks and overnight camping trips require a higher level of preparation.