



Town of Carbondale Recreation Department

Trails & Tents Hiking Equipment List

Personal Equipment

- Daypack (to hold all of this stuff)
- 1 quart size water bottle or *camelback* style water container
- Lunch
- Sunglasses

Personal Clothing

- Tennis shoes or running shoes or hiking boots (something appropriate for hiking)
- Rain Jacket (*gore-tex* or large poncho impermeable by water with a hood)
- Rain Pants (*gore-tex* or impermeable equivalent i.e.-snow pants)
- T-shirt
- Long sleeve top layer (fleece, or synthetic equivalent, no cotton)
- Leg layer (fleece pants, long underwear, or synthetic equivalent)
- 1 pair of synthetic socks (in addition to the ones you are wearing)
- Shorts
- Swim suit
- Ball cap (to shade your face from the sun)
- Sunscreen and Lip balm (SPF 30 or greater)
- Bug Repellent
- A smile, you are going hiking!

Optional

- Camera
- Sketch pad and art supplies

Group Equipment Provided

First aid kit, antibacterial lotion, water, map & compass, transportation.

Please do not bring : Cell phones, i-pods, i-pads, electronic games, pocket knives, lighters or matches.