

Adventures with Oakland

Day Hiking Equipment List:

Required Items:

Day Pack (we can provide if necessary)
Sturdy walking shoes, hiking boots, trail running sneakers (Insulated hiking boots in winter)
Wool or synthetic socks
Comfortable synthetic pants or shorts
Lightweight synthetic shirt (long sleeve preferred)
Wool or synthetic insulating layer (Mid-layer)
Rain Jacket
Headlamp with extra batteries (we can provide)
Sunscreen/Bug Spray

Winter Jacket (compressible, down or synthetic with water resistant outer shell is preferred)- **This is a requirement for winter

If you require the use of an inhaler or have an epi-pen due to allergies those are required o have on you. Please alert the guide to their location in your pack.

Recommended Items:

Sunhat

**Sunglasses (these become requirement in winter)

While preparing for your trip, please remember absolutely **NO COTTON** clothing. Please wear and pack synthetic or wool layers, socks and accessories.

We do our best to make sure everyone is dressed and equipped to be safe with keeping costs and barriers to entry down for our clients.

If you have questions or are concerned you do not have the correct equipment, feel free to contact us. You can also buy most of the items on our list from online retailers or from the outfitters located in Lake Placid.

-Eastern Mountain Sports
-High Peaks Cyclery