

Nature Hiking

Recommended Clothing List

1. Comfortable hiking boots.
2. Wool or polypropylene socks. (carry a spare pair)
3. Hiking shorts or comfortable long pants depending upon the weather.
4. Broad brimmed hat or baseball cap.
5. "T" Shirt
6. Long-sleeved shirt for sun and insect protection.
7. Light jacket
8. Rain gear ("Gore-Tex" is recommended for comfort because it does not trap water vapor generated by exertion.)
9. In case of cool weather, polypropylene underwear is recommended.

ADDITIONAL EQUIPMENT: (Optional)

1. Sunscreen (At least SPF 15)
2. Insect repellent (Muskol, Cutters, or Deep-Woods Off)
3. Camera
4. Binoculars
5. Sunglasses
6. Bandanna