



# DAY HIKE

Date of Trip: \_\_\_\_\_ (date) \_\_\_\_\_ Meeting Place: **Peak Adventures office** (PeakAdventures.org for map)

Meeting Time: \_\_\_\_\_ (time) \_\_\_\_\_ Approx. Finish Time: \_\_\_\_\_ (time) \_\_\_\_\_ Location: \_\_\_\_\_

## Clothing and Footwear

\* **The best performing outdoor materials are synthetic (rayon, polyester, nylon, fleece, spandex), wool and silk.**

- Wear layered clothing
- Long underwear: tops and bottoms (weather appropriate)
- T-shirt
- Sweater
- Windbreaker
- Loose, comfortable pants or shorts (weather appropriate)
- Wool or synthetic socks
- Broken-in, sturdy shoes (ankle support preferable)
- Swimsuit (depending on trip)
- **REMEMBER: NO COTTON, NO JEANS**

## Food:

- Bring your own lunch, snacks
- Water (at least 2 liters)

### SUGGESTED TRAIL FOODS

- Sandwich
- Fruit (fresh or dried)
- Granola bar or energy bar
- Bagels with salami and cheese
- Trail mix
- Crackers and cheese
- Sport drinks or juices

## Other equipment

- Day pack
- Sunglasses
- Hat with visor or brim
- Insect repellent
- Sunscreen and lip balm
- Camera (optional) w/batteries
- Binoculars (optional)
- Field guide (optional)
- Handi-wipes (optional)

**Alcohol and illegal drugs are prohibited on all Peak Adventures trips.**

## Refund Policy:

- Cancellations made less than two weeks (14 days) prior to the event are not refundable.
- There is a \$10.00 fee for all cancellations and transfers.
- Should Peak Adventures cancel a trip or a class, we will issue a credit or full refund. Reasons may include severe weather, road conditions, instructor illness, and participant numbers.