



International Alpine Guides

CALIFORNIA ALPINE GUIDES

Day Hiking Equipment List

It is extremely important to the success and safety of your hike that you bring all of the items listed below. The weather can be either warm or very windy and cold. Be prepared to encounter all types of conditions. If you have any questions about what to bring give us a call or throw it in the car and ask us at the trailhead.

*The items noted with an * can be provided at no cost by IAG/CAG as noted and are subject to availability. You must notify us no later than 7 days before your trip of any gear you require from us. Please answer the Gear Request Question in your reservation terminal to advise us of any gear you require from us.*

The examples listed below are suggestions of options for each category and represent the most ideal equipment and clothing items for your trip. However, there are many other options that will also work great, as well!

Gear



Backpack ***(We can provide)**

An internal frame backpack 25-35 liters in size. Make sure it fits to your specifications
Example: [Osprey Stratos 34](#)



Trekking Poles (optional) ***(We can provide)**

If you normally hike with trekking poles bring them along. Lightweight is best.
Example: [Black Diamond Alpine FLZ Trekking Poles](#)



2 One- Liter Wide Mouth Water Bottles ***(We can provide)**

Hydration is important we want to make sure there is no complications with your hydration system. Please have 2 one-liter wide mouth water bottles.
Example: [Nalgene 1-liter Wide Mouth Bottle](#)

Clothing

For clothing, we emphasize a layering system in which we put on and take off layers of clothing depending on the outside temperature and the level of activity.



Hiking Shoe or Boots

Lightweight is better. Either low or high top is fine. It's important to have put some miles on them prior to your trip.

Example: [ASOLO Fugitive GTX](#) or [Altra Women's Lone Peak 4 Mid RSM](#)



Hiking Pant (soft shell)

A lightweight synthetic non-waterproof pant.

Example: [Outdoor Research Men's Voodoo Pants](#) or [Outdoor Research Women's Voodoo Pants](#)



Lightweight Long Underwear Base Layer Top

Choose a synthetic or wool long sleeve.

Example: [Men's Capilene® Midweight Crew](#) or [Patagonia Women's Capilene® Thermal Weight Crew](#)



Insulating Layer- Midweight

Fleece, wool or a lightweight down jacket works fine. Avoid the lightest weight fleece.

Example: [Patagonia Women's and Men's R1® Fleece Pullover](#)



Insulated Down or Synthetic Jacket

Lightweight down or synthetic fill puffy parka. Down is lighter weather in the High Sierra can vary it can be cold any month of the year. A heavy weight fleece Sweater or jacket can substitute.

Example: [Patagonia Women's Down Sweater Hoody](#) or [Patagonia Men's Down Sweater Hoody](#)



Synthetic T-Shirts

A wool or synthetic T-shirt to keep your body temperature regulated during those hot afternoons.

Example: [Ridge Merino Women's Journey Merino Wool V Neck T-shirt](#) or [Ridge Merino Men's Merino Wool T-shirt](#)



Sun Hat or Ball Cap

A lightweight sun hat or ball cap to keep your face protected during those sunny days.

Example: [Patagonia P-6 Logo LoPro Trucker Hat](#) or [Columbia Women's PFG Sundrifter™ II Hat](#)



Socks

Mid weight to lightweight wool or synthetic socks. If you normally wear liners bring them also.

Example: [Darn Tough Hiker Micro Crew Cushion](#)



Lightweight Glove (optional)

Nights and early mornings can be chilly get moving quick with a cozy pair of lightweight gloves. Fleece or soft shell is fine.

Example: [Black Diamond lightweight fleece gloves](#)

Other Items

Gear that will make your trip run a lot smoother.

Sunglasses

Protect your eyes from the sun. Bring a pair of sunglasses that will not slip off your face easily and have adequate UV protection lenses.

Sunscreen

A must whenever exposed outdoors choose a 30 SPF or higher.

Lip Balm

Protect your lips and avoid chapping and burning with 15 SPF or higher lip balm.

Camera (optional, but you'll want one!)

Pocket sized is best. Of course, a smart phone will suffice.

Compass (optional)

For practice.

Pocket Knife

Swiss Army type knife.

Insect Repellent

Usually not needed after August. DEET works the best but there are some natural repellants out there as well. Small amount is best.

Lunch Food and Snacks

Bring a lunch and a few small snacks that can be easily eaten throughout the day.