Beaver Creek Hiking Center Gear List for All Day Hikes

"pack like a pessimist and hike like an optomist"

- Hiking boots (mid to high tops with good tread)
- Cap with brim (to keep off sun)
- Sunglasses
- Sunscreen and Lip Protection (minimum of SPF 15)
- First Layer, wickable material (no cotton)
- Rain jacket and windpants
- Fleece or Sweater for warmth (no cotton and no sweat shirts)
- Extra Socks, Thin mittens or gloves, Knit Hat (in zip lock bag)
- Lightweight hiking pants or shorts (Zip and go's, no jeans)
- 2 liters of water/Gatorade
- Lunch and Snack food (Energy bars, high in carbs, salty is good)
- Identification and Emergency contact numbers
- Toilet tissue in a small bag for packing out
- Hiking poles
- Duct tape
- Band aids/Blister pads

Optional Items

- Basic first aid kit
- Camera
- Emergency space blanket and matches
- Money for treats in Leadville
- Comfortable shoes to wear in the van (great after hike)
- Bug Spray
- Paper and Pencil

Personal Preparation

- † Fully Hydrated (Alcohol is **not** recommended)
- Hearty Meal the night before (High carbs with protein)
- † Breakfast the morning of the hike
- † Foot Prep: toe nails clipped

Helpful websites: www.14ers.com, www.intellicast.com, www.weather.gov, www.wunderground.com, www.weather.com

Hiking Center provides bottled water, Gatorade and granola bars. Demo boots, packs, hiking poles, raingear, and fleece are available upon request at no extra charge. Guides carry first aid kits and communication equipment.

Beaver Creek Hiking Center (970) 754-5373

www.beavercreek.com



