

ULTIMATE HIKE - Summer 2011

Equipment & Supply List - What to bring

	<i>foot</i>	7/30th	7/13th	8/27th	9/10th	9/24th	10/8th	10/15th
	<i>note</i>	PQ Cyn	Daley	S Ysabel	Fortuna	Cuyamaca	Laguna	Big Bear
<u>In your PACK, on your back</u>	1							
Water	2	2 qt	2 qt	3 qt	3 qt	4 qt	4 qt	
Electrolytes	2			1 qt	1 qt	1 qt	1 qt	
Snacks	3							
Lunch	3							
Extra socks	9							
Layer (extra top)	4							
Toiletry kit	10							
Headlamp/flashlight	12							
Blister kit	11							
ID & cash								
<u>ON YOUR BODY</u>								
Hat	6							
Sun Screen-sweat proof	7							
Lip balm w/ SPF	7							
Sunglasses								
(2)Bandanas - sweat rag								
Shirt/top - NO cotton	4							
Pants or Shorts	5							
Socks - NO cotton	9							
Hiking shoes/boots	8							
Snack in your pocket	3							
Personal Meds, Inhaler, EpiPen	11							
Emergerency contact info								
<u>Other nice to have</u>								
Hiking poles or stick								
GPS								
Maps								
First Aid kit	11							
Gloves (for sun protection)								
Cell phone								

Details provided with final travel arrangements

Footnotes can be found at www.HikeforCures.com/gear