



Equipment List for Hiking

Thank you for choosing the Tahoe Adventure Company. Our guided hiking trip will travel approximately 3-6 miles over a variety of terrain. We will be outdoors for the duration of your trip. Mountain weather can vary widely throughout the day so **please follow this list closely**; it is designed to make your outing safe and comfortable. Dressing in layers is the key to comfort.

For Hiking

- Loose fitting athletic pants or sweats and walking shorts (can be worn underneath pants)
- Comfortable walking shoes, light hiking boots or cross trainers with Wool socks (for warmth and extra padding)
- Long sleeve shirt. Polypropylene/ "Capilene" or other synthetic clothing is best, but not required.
- A sweatshirt, fleece jacket or sweater **and** a windbreaker.
- Rain jacket
- Sun Screen (SPF 15 or higher)
- A hat with a brim.
- Sunglasses (Suggested: neck strap such as "Chums" or "Croakies")
- Camera (Suggested: protective case and lanyard)
- A small backpack or hip pack to carry your things
- Reusable Water Bottle (at least 1-liter capacity)

For added comfort on cooler days:

- Light/thin gloves or mittens
- Beanie

Remember, dressing in layers is the key to comfort.

If you have any questions about gear for your trip please give us a call or e-mail.

Tahoe Adventure Company
Phone (530) 913-9212
P.O. Box 3951, Truckee, CA. 96160
TahoeAdventureCompany.com