

DAY HIKING CHECKLIST

This checklist is deliberately comprehensive. It suggests more than you'll need for short treks in developed areas. Simply use it as a guide and a reminder.

Don't forget to bring personal items such as an ID, wallet, phone, face mask and hand sanitizer.

General:

- Backpack
- Sunglasses
- Trekking poles
- Navigation map or compass
- Knife or multi-tool accessory
- Binoculars
- Sun protection for lips and body
- Insect repellent
- Hat
- Flashlight or headlamp
- First-aid: band-aids, sanitizing wipes
- Menstrual products (if needed)
- Bandana/ Buff
- Personal Medicine
- Camera (other than phone camera, if desired)
- Walkie talkie (just kidding)



Nutrition and water:

- Water bottle with at least a liter of water (more or less depending on duration)
- Snacks and/or a packed lunch

Clothing:

- Dress in layers. Moisture wicking material is preferable.
- In winter we recommend wearing long underwear.
- Gloves
- Hat

Footwear is key:

- Hiking boots or trail runners (waterproof is best)
- Proper socks (in wet weather always bring an extra pair of socks in a zip lock bag, stored in your pack)

Rainwear:

- Light rain jacket is always good to have in your bag
- Rain pants and rain gear for hikes on rainy days

RESPECT & RULES

Safety First! Please observe the Covid-19 rules listed below.

Maximum punctuality is required at the start of the excursion. It's imperative that you try and get there a little ahead of schedule so we can start on time. A late departure impacts all of us and may change the dynamics of the excursion.

The duration of the excursions may vary according to the level of participants, the weather conditions and/or how many times we stop during the hike.

We ask you to factor in some flexibility in terms of when our hike might end. We will always discuss this before the hike begins. We aim to hike to everyone's expectations.

Please respect nature and leave nothing behind. Be mindful of what you bring to eat. Make sure you have zip-lock bags or an appropriate garbage bag to keep inside your pack until we find a proper place to dispose of our waste.

We ask that you do not cause any damage to the environment, including the harvesting of fruit or plants. If you have any doubts please ask your guide.

The guides have the right to cancel a part of the walk, or the entire walk, for reasons of weather or other feasible liabilities. Unfortunately this may happen on very short notice. We'll make every effort to start and complete each hike as outlined in the description, and to always keep you safe!

Children:

All children must be accompanied by a parent who takes full responsibility of the child. Please make sure your child understands and respects the rules of nature and safety.

DOGS:

Well-behaved dogs will be allowed on some hikes. This will be determined on a hike-by-hike basis and indicated in the description. You take full responsibility for your dog, including disposing of any of their waste on the trail.