



PORTLAND PARKS & RECREATION™

Healthy Parks, Healthy Portland

Senior Recreation Standard Hiking Supplies

Metro Movers, Hike for Health, Advanced Hike for Health

- **Appropriate Footwear:** hiking boots with lugged soles for trails or sturdy shoes for walks
- **Clothing layers:** a lightweight base layer, a middle warmth layer, and a rain jacket/windbreaker as outer layer (optional rain pants)
- **Hat:** wide-brimmed in summer, warm in winter
- **Gloves:** for cold weather conditions or high altitude in spring/fall
- **Water:** 8oz per mile plus a spare pint for emergencies
- **Whistle:** on person
- **Sunglasses:** optional, but recommended for some hikes
- **Hiking poles:** optional, but recommended for some hikes
- **Energy snack:** enough for hike/walk length

Additional for Hike for Health and Advanced Hike for Health

- **Knapsack** or other means to carry hiking gear (chest and hip straps highly recommended)
- **Hiking socks:** either lined wool or liner sock + outer sock
- **Food** for snacks and lunch on the trail, extra for emergencies
- **Personal First Aid Kit**
- **Flashlight** (small, lightweight, LED recommended)
- **Emergency blanket/shelter**
- **Spare eyeglasses** (optional, but recommended)



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