

# SENIOR RECREATION

## STANDARD HIKING SUPPLIES

### For Metro Movers Walks, Hikes for Health, & Wilderness Hikes

**Appropriate Footwear:** Either hiking boots or equivalent with lugged soles for hikes, or sturdy shoes for walks.

**Clothing:** A lightweight, breathable base layer, middle warmth layer, and a rain jacket or outer windbreaker layer, and optional rain pants. Layers should wick well and allow you to maintain a comfortable temperature in hot and cold conditions, preventing condensation from sweat.

**For cold or heat:** Hat, wide-brimmed in summer or warm in winter. Gloves for cold weather including high altitude in spring/fall. Sunglasses are optional, but recommended for some hikes.

**Hydration:** Water enough for the hike length, adjusting for temperature, elevation gain and sun exposure. 8 oz. per mile recommended, plus a spare 16 oz. for emergencies.

**Safety:** Whistle on your person (e.g. on lanyard around neck). Hiking poles are optional but recommended for balance.

**Energy snack:** Enough for hike/walk length.

### Additional Supplies for Hikes for Health and Wilderness Hikes

**Knapsack:** To carry your gear (chest and hip straps recommended).

**Hiking socks:** Either lined wool, liner sock + outer sock, or other system that insulates and breathes and prevents hot spots and blisters.

**Food:** Snacks for trail and lunch, with extra for emergencies.

**Safety:** Personal first aid kit. Small flashlight, LED recommended. Emergency blanket/shelter. Communication devices are optional.

**Eyewear:** Spare eyeglasses are optional.



**PORTLAND PARKS & RECREATION**

Healthy Parks, Healthy Portland