



#### CLOTHING:

- 1 Waterproof jacket\*
- 1 Waterproof pants\*
- 1 Pair Hiking Pants (preferably non-cotton)
- 1 Shirt (preferably non-cotton)
- 1 Insulated Layer (top)
- 1 Pair hiking boots
- 1 Pair Non-cotton hiking socks

\*Necessary dependent upon weather conditions.

REMEMBER: NO COTTON, NO JEANS

#### OPTIONAL ITEMS:

- Sock Liners
- Water Bladder
- Lip protection
- Sun block
- Personal First Aid Kit
- Sunglasses
- Camera

#### FOOD:

- Your own lunch for the day
- Capacity to carry 2L of water
- Trail Snacks (if you so desire)

#### OTHER:

- Daypack to carry lunch & water
- Personal Medications



#### Questions/Contact

Brad Pointer: [bpointer@whitworth.edu](mailto:bpointer@whitworth.edu)

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#### Online Waiver Instructions

Go [here](#) and click on "Outdoor Recreation Waiver". Please be sure to fill out the waiver BEFORE the trip.