

Wellspring Calgary Mindful Mountain Hiking Program
Day Hiking Equipment List:

It is important to understand that mountain conditions are often variable. It may be sunny and warm in Calgary, but cool and rainy in the mountains. That's why it's good to be prepared with a bit of extra equipment as outlined in the list below. It's better to have a little extra with you than to be caught unprepared.

Clothing

Ski hat (toque)

Sun hat

Light gloves/mittens

T-shirt

Warm Shirt

Fleece pullover/jacket

Rain jacket and pants

Hiking pants

Shorts

Socks

Hiking shoes/Boots

Gaiters

Day Trip Gear

Day Pack

Water Bottle

Sunglasses

Sunscreen

Toilet paper

Food

Bug Repellent

Optional Gear

Collapsible trekking/ski poles

Camera and or binoculars

Please feel free to contact us with any questions or concerns at

wshiking@gmail.com