



## Crags and Cheyenne Mountain Hikes.

The gear on this list is required. If you have any questions about this list or the gear on it, please contact our office or your guide for advice. [Mountain Chalet](#) or [Mountain Equipment Recycler](#) here in Colorado Springs are great resources for knowledge and product selection. PPAS also rents most gear (not clothing) on this list.

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### Footwear:

- Hiking boot or shoe. Lightweight but rugged and must be broken in. For single day trips, trail running shoes are acceptable. If any questions, please call our office for advice.
- Wool or synthetic socks. No cotton.
- Liner sock. This is a personal preference, not required.
- Trekking poles. Not required but nice to have. I use one pole on trips like this.

### Clothing (all to be wool or synthetic):

- Base Layer, short sleeve and long sleeve top.
- Hiking Pants, convertible pants ok but no shorts.
- Insulation Layer, top. Softshell is recommended here. Fleece is ok but have no wind protection, so softshell is preferred.
- Waterproof rain gear. Hardshell Jacket with hood. Hardshell Pants with full side zip may be required for extended trips.

### Headwear:

- Synthetic or wool hat (beanie)
- Buff or neck gaiter. I highly recommend buffs for their versatility.
- Ball Cap or Visor, sun protection for your face.
- Sunglasses with dark lens' and wraparound sun and wind protection.

### Handwear:

- Liner glove

### Other gear:

- 25~L Backpack, make sure your gear fits in pack prior to course day.
- (2)1L waterbottle, leakproof bottle like Nalgene works best. Bladders ok, but make sure there are no leaks.
- Headlamp
- Small first aid kit with personal meds, bandages and blister bandages (Blisto-Ban). Don't bring mole-skin unless you already use it.
- Sunscreen, 30SPF minimum
- Lipscreen
- Camera
- Snacks, about 1500 calories per day. Sandwich, candy bars, and trailmix work well, bring what tastes good to you.
- Spare door and ignition key, for groups carpooling.