

## Day Hike Essentials

- Hydration system (2L minimum)
- Trail snacks & electrolytes
- Sunscreen, lip balm, sunglasses, hat
- Offline trail map or app
- First aid kit
- Small daypack
- Headlamp or flashlight
- Multi-tool or pocket knife

## Seasonal Clothing

- Spring/Fall: Layers, light fleece, convertible pants
- Summer: Quick-dry clothing, sun hoodie, hat
- Winter: Insulated jacket, wool base layers, gloves

## Gear for The Narrows

- Closed-toe water shoes or boots
- Neoprene socks
- Hiking poles or sturdy stick
- Dry bag or waterproof phone pouch

## Gear for Angels Landing

- Grippy hiking shoes
- Thin gloves for chains
- Minimal daypack

## Extras

- Camera & lightweight tripod
- Bug spray
- Phone battery pack
- Ziploc/trash bag
- Reusable lunch kit

## For Families

- Kids hydration packs
- Child carrier
- Baby wipes
- Snacks and games