

## Day Trip Gear List

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We'll have a full day on the trail and on the rock, so it's best to be prepared. Below is a partial list of recommended items you may bring. Having the items on the list may help make your outing more enjoyable, safe and successful. ESOS will provide first aid kits, sunscreen, all rock climbing hardware and expert instruction.

- Water in non-glass containers (2 quart minimum recommended)
- Lunch (for on the trail) and snacks
- Sunscreen
- Bug repellent
- Camera
- Baseball cap (or other type of hat)
- Long sleeved shirt, long pants (if you will wear shorts)
- Rain jacket
- Footwear: tennis shoes or hiking/work boots are fine. No clogs or sandals please.
- Daypack for carrying your gear on the trail.