



HIGH MOUNTAIN EXPEDITIONS

What to Bring/ Wear Hiking

What You Should Bring/Wear Hiking:

Closed Toe Supportive Shoe

Light-weight Waterproof Rain Coat

Sunscreen

Ball Cap

Sunglasses with Strap

Sport Water Bottle

Camera – Waterproof Digital Camera

Special Medications

Do Not Bring/ Wear:

Wallets, Jewelry and Watches - Leave all valuables at home or locked in car at outpost.

Open Toed Shoes

Non-Waterproof Electronic Devices

Pets

Cotton Clothing Items- Cotton dries very slowly and actually draws heat away from your body

Cigarettes- High Mountain Expeditions is a Smoke-Free company

Did you forget something? Our outpost stores carry a full selection of Waterproof Gear, T-Shirts, Waterproof Cameras, Sunscreen and more.