

# Waterton Hiking Checklist



## Clothes

### Upper half

- Bras
- Tank top
- T1 Merino T-shirt
- T1 Merino Long Sleeve
- Downjacket
- Windbreaker
- Raincoat
- Ball cap
- \_\_\_\_\_

## Food

- Crackers
- Babybel cheese
- Grape tomatoes
- Small cucumbers
- Small oranges
- Made with Local granola bars
- Stinger Organic Chews
- \_\_\_\_\_
- \_\_\_\_\_
- \_\_\_\_\_



### Lower half

- Shorts
- T1 Merino pant
- Convertible pants
- Rainpants
- \_\_\_\_\_
- \_\_\_\_\_

## Hiking Items

- Backpack
- Water bladder
- Hiking boots
- Microspikes
- Hiking poles
- Phone/camera
- Mosquito repellent
- Contacts
- Glasses
- Sunglasses
- Elastics
- Sunscreen
- Tampons/pads
- Hand sanitizer
- Toilet paper
- Small first aid kit
  - Gauze
  - Scissors
  - Duct tape
  - Tylenol/Advil
  - Imodium
  - Band aids

# Waterton Kayaking Checklist



## Kayaking Gear

- Kayak
- Paddle
- PFD
- Dry bag
- Whistle
- Phone
- Camera
- Bilge pump
- Toilet paper
- Hand sanitizer
- Tampons/pads
- Contacts
- Sunscreen
- Sunglasses
- Small first aid kit
  - Gauze
  - Scissors
  - Duct tape
  - Tylenol/Advil
  - Imodium
  - Band aids
- \_\_\_\_\_
- \_\_\_\_\_

## Clothes

- Ball cap
- Brim hat
- Wick-away tank top
- Wick-away t-shirt
- Light long-sleeve UV shirt
- Windbreaker
- Sandals/water shoes
- Shorts

## Food

- Crackers
- Babybel cheese
- Grape tomatoes
- Small cucumbers
- Small oranges
- Made with Local granola bars
- Stinger Organic Chews
- \_\_\_\_\_
- \_\_\_\_\_
- \_\_\_\_\_

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