

PACKING TIPS

Bring the following with you and pack each day:

- Sunglasses
- Sunscreen
- Lip Balm
- Water bottle
- Snacks and lunch
- Camera
- Insect repellent
- Rain gear
- Sweater or fleece top
- Hat and gloves
- Extra socks

CLOTHING & LAYERS

Opt for the same technical clothing that you wear on your daily runs – mainly clothing made from synthetic, moisture wicking fabric instead of cotton, which retains humidity and once it's wet, tends to stay wet, leading to all sort of chaffing and discomfort. Nonetheless, consider going for something that you don't mind getting wet, soiled, muddy or torn and ripped by branches or bushes.

WHAT CMH PROVIDES FOR EACH TRIP:

You are welcome to bring your own hiking gear - books, day pack & rain wear, water bottle, etc.

- Technical, waterproof, leather hiking boots (Salomon, Tecnica, Garmont)
- Lightweight wind and rain resistant jacket
- Rain pants
- Day pack and walking stick / ski pole
- Waterbottle

WHAT DO I NEED TO BRING?

Laundry facilities including soap are available at all lodges (no charge)

- Trail running shoes
- Socks (x4)
- Running shorts and/or Running tights (x2)
- Lightweight T-shirt (x2)
- Lightweight long-sleeve shirt (x2)
- Waterproof shell / Running jacket (hooded preferably)
- Vest or backpack (2.5-3L hydration compatible)
- Collapsing water bottle (for vest or backpack)
- Baseball style hat or running cap
- Compression socks/tights (optional)
- Toque/beanie
- Lightweight gloves
- Insulated mid-layer (eg. thin Primaloft jacket or vest)
- Electrolyte tablets/powder
- Watch (GPS compatible not mandatory, but helpful)
- Braces or tensor bandages (as required or needed for existing injuries)
- Moleskin or Second Skin
- Bodyglide or Vaseline

Optional: Alarm clock, flashlight, trekking poles, binoculars, lunch container

For more information about your trip visit cmhsummer.com/trip-information/

Questions? Contact our team at 1.800.661.0252 • guestservices@cmhheli.com