

PACKING TIPS

Pack the following in your day pack each day:

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

CLOTHING & LAYERS

We recommend that you dress in layers while out hiking. This allows you to take a layer off as you warm up, and then add it back on later when you stop for a break or lunch.

WHAT CMH PROVIDES FOR EACH TRIP:

We recommend bringing your own hiking gear for comfort - boots, day pack & rain wear, water bottle, etc. However we do have the following equipment available at the lodge, should you require it:

- Technical, waterproof, leather hiking boots (Salomon, Tecnica, Garmont) (Ranging from children's size 12, 13 and 1-3, adults 4-14 — all are medium width)
- 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)

- Lightweight sweater/fleece and/or vest
- Two long and short sleeved shirts or technical shirts
- Comfortable pants for hiking (jeans are not recommended)
- Two or three pairs of socks (wool or synthetic, thick and thin pairs)
- Shorts (zip-off long pants/shorts combination)
- Good quality sunglasses
- Hat or ball cap
- Warm gloves (be prepared for all types of weather)
- Camera
- Swim suit
- Insect repellent and sunscreen
- Indoor shoes/sandals
- Clothes for stretch class
- Thin leather gloves (or similar) if you are participating in our Via Ferrata adventures (these are available for purchase in our lodge shop)

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