

Hiking and Tubing Packing List

What to Wear for the Hike

We recommend comfortable clothing that allows you to move freely and made from breathable, quick drying (wicking) synthetic or wool materials. For outdoor athletic activities, “cotton is rotten” since it absorbs moisture and will remain wet and heavy all day (like a towel) keeping you from staying warm in cool temperatures and causing chaffing and blisters-not fun. You can wear shorts or pants to hike in depending on the weather, trail conditions and your personal preference. Bring a wind breaker (preferably waterproof and breathable), an extra pair of socks and a beanie made of wicking material (packed in a zip lock bag); conditions can change rapidly up in the mountains. Wear hiking boots that are comfortable and broken in (preferably waterproof and breathable).

What to Bring

We are going to have a long, fun, active day, so make sure to get good night’s rest, have a hearty breakfast and bring enough food, snacks and beverages to keep you going. Slim’s Bagels and Panera Bread will be open to pick up breakfast and/or lunch (and use the bathroom) if you’ll be meeting us at Little Neck Plaza. Although we’ll be taking a break for lunch on a scenic ledge, it is not necessary to carry all your food on the hike (approximately 4-hours long), some can be left in the van to have during the 20-minute ride from the trail to Phoenicia, where we’ll be tubing. Try to keep your pack as light as possible; you’ll thank me for this.

- Lunch
- Snacks
- 3-liters of water or other beverages (best in a bladder/Camelbak so you can sip at will)
- Waterproof Shell or wind breaker
- Extra pair of synthetic socks & a thin wicking beanie cap (in zip lock bags)
- Camera & phone (in zip lock bag).
- Sunscreen
- Insect repellent
- Map, compass, hiking poles (optional)
- A small to medium size daypack to carry all your gear

For Tubing

Once we complete the hike, we’ll drive approximately 20 minutes to where we’ll be tubing. Pack the following items in a separate bag that you’ll leave in the van or your car during the hike.

- A bathing suit or board shorts (you can also hike in these)
- A rash guard, board shirt or wicking sports shirt. Long sleeve is best to avoid abrasions from rubbing up against the tube and to keep you warm (the water tends to be chilly). Feel free to bring a wet suit if you have.
- Water shoes or old sneakers that will not fall off your feet. No flip flops.
- Croakies if you wear glasses
- A baseball cap for sun protection to wear under your helmet.
- A complete change of warm clothes
- Towel
- Waterproof Camera
- A plastic bag to put your wet clothes in