



Starter Kit

Hiking

Boots/Shoes



- Boots- all leather (winter or high water areas), gortex mesh (support with breathability)
- Shoes – lighter, more versatile, trail runners

Brands: La Sportiva, Adidas, Lowe, Salomon

<https://www.outdoorgearlab.com/topics/shoes-and-boots/best-hiking-shoes-womens>

Daypack



- Waistbelt, chest strap (with optional whistle)
- Hydration bladder pouch
- Ice axe loop if you like spring hiking

Brands: Osprey, CamelBak, Gregory

<https://www.outdoorgearlab.com/topics/camping-and-hiking/best-daypack-womens>

First Aid Kits



- Bandages
- Basic medications
- First Aid booklet
- Steri Strips
- Medical Tape
- Scissors/Multitool
- ACE wrap with Velcro
- Burn cream/anti-sting

<https://www.outdoorgearlab.com/topics/camping-and-hiking/best-first-aid-kit>

Hydration



- 2-3L
- Closable mouth piece
- Large opening for easier cleaning
- Detachable hose for cleaning

Brands: CamelBak, Osprey, Platypus, Hydrapak

<https://www.outdoorgearlab.com/topics/camping-and-hiking/best-hydration-bladder>