

Participant Equipment List

What to bring with you on a GateWay Mountain Center Day Hike:

Backpack or hip pack	Poncho or rain jacket
2 quarts of water per person	Extra clothing layers for warmth
Hat	Snacks
Sunglasses	Journal/pen
Sunscreen	Binoculars (optional)
Lip balm or chap stick	Camera (optional)
Sturdy hiking shoes/light hiking boots	
Good socks, preferably wool	

For staying at Clair Tappaan Lodge:

Sleeping Bag
Towel
Wash cloth
Soap/Shampoo/Toiletries

The lodge provides pillows and cases.

For more information about Clair Tappaan Lodge visit
www.sierraclub.org/outings/lodges/ctl/thingstoknow.asp

How might the altitude affect me? Our hikes are conducted at elevations of 7,000 ft above sea level and higher. Some people experience mild altitude sickness at these elevations. To help your body adjust, and to better prepare yourself for your experience, we suggest that you drink plenty of water the night before, and during the hike. Remember, mountain weather can be unpredictable so come prepared for rain and warm weather. We are looking forward to sharing an adventure in the mountains with you!

If you have any questions please call
(888)-508-2629 or email: info@sierraexperience.org