

Catskill Mountain Wild

What to wear on a hike with Catskill Mountain Wild :

*Sturdy and proper fitting sneakers or hiking boots/shoes. Sneakers will suffice on most hikes, but the Catskills are a rugged place to explore and some sections require a more sturdy hiking boot or shoe.

*A good pair of socks. Brands like Darn Tough, Farm to Feet and SmartWool are best. Avoid heavy cotton! Cotton holds on to moisture that will eventually cause blisters!

*Comfortable clothing (the kind you'd wear to the gym or a yoga class or to go for a run.) Avoid jeans and heavy cotton - These things cause chaffing in unwanted areas and they hold on to moisture due to rain or sweat. Merino wool or synthetic materials like polyester and spandex wick away moisture to help keep you dry!

*Optional - hat, sunglasses.

What to bring on a hike with Catskill Mountain Wild :

*Water - at least one full liter. Preferably 2 liter per person.

*Trail Snacks

*Meal (lunch or dinner depending on duration and time of exploration)

*A warm layer. The mountains are a bit cooler than in town. Even on hot days, a cool mountain breeze can give you a chill. It's always good idea to bring a jacket.

*Extra socks and t-shirt. Staying dry is important!

*A flashlight or headlamp. This is required on an evening or night hike, but is always a good idea to bring into the woods. If you don't have one, let me know and I'll make sure everyone has a light source.

*A positive attitude and a sense of adventure. Your feet do the walkin', but your mind will get you the extra mile!

Additional items :

- *Camera
- *Notepad and pencil
- *chapstick
- *sunblock
- *bug spray

Weather precautions : Your guide will keep a close eye on the weather as your adventure draws near. It's always a good idea to bring a change of socks and a spare shirt as well as a rain jacket or poncho on your exploration. The weather can change quickly in the mountains, and it's always best to be prepared! Rain will usually slow down our hikes as it makes the rocks and roots slippery.

For more information visit hikesafe.com