

## What to Carry

### Gear List:

#### For People

- Hiking shoes with socks (waterproof)
- Hiking attire. Quick-dry pants and T-shirt (no cotton)
- Cap or Hat
- Sunglasses
- Day bag 25L to 30L Recommended with good shoulder and waist straps to carry in the snacks, water, and personal items
- Hiking poles (if you have knee problems)
- Personal first AID (Advil, band aid, antiseptic, hand sanitizer, wet wipes, etc.)
- SPF 50 or more sun cream
- Energy bars, snacks, in case you require extras (fruits and juice provided by UX)
- Minimum 3 liters of water (2L provided by UX)

#### For Dogs

- Poop bags
- 2L Water (very important)
- Fixed Lead (not extendable)
- Harness. Its safer for your companion and will give you the ability to carry him/her whenever required
- Dog treats, snacks as per your dogs' health
- Towel/ Wet Wipes

#### What UX says: (recommended)

- Trekking poles (It is recommended to use to get aquatinted with it for future and more challenging hikes. It also helps reducing pressure of your shoulders and knees).
- Hydration drinks (ELECTROLYTE DRINK, SPORTS DRINKS, HYDRATION TABLETS)
- Power bars (Protein, Amino Acids).
- Water Bladder
- Snacks / Fruits
- Extra shirt, sweater, towel, slippers - for after hike
- **NO JEANS / SANDALS ON HIKE**

#### For Dogs

- Make sure your dog is obedient
- The dog breed is suitable for social activities
- Dog is friendly with other dogs and humans
- Each dog must be accompanied by an owner at all times