

## What to Wear for Hiking Checklist

Hiking a new trail? Academy Sports + Outdoors has you covered. This checklist has all the most important gear you'll need for most trails, seasons, and weather conditions. Use this as your guide, so you never leave home unprepared.

### Base Layers

- Synthetic or wool underwear (or long underwear)
- Synthetic or wool tank top (or camisole)
- Synthetic or wool sports bra
- Tall synthetic or wool socks

### Middle Layers

- Wicking short-sleeve T-shirt for warmer conditions
- Quick-drying shorts
- Wicking long-sleeve T-shirt for cooler conditions, extended sun exposure, and/or bug protection
- Quick-drying cargo pants
- Leg gaiters (or leg warmers)
- Convertible zip-off pants (for maximum flexibility)
- Lightweight fleece jacket
- Lightweight fleece pants
- Insulated jacket or sweater
- Insulated vest

### Outer Layers

- Windbreaker
- Rain jacket
- Neck gaiters (or face bandana)
- Rain pants

### Other Gear

- Ball caps for the sun
- Quality hiking boots/shoes suited to weather and trail conditions
- Warm hats for cooler conditions
- Backpack/day pack bag
- Gloves or mittens