Warm-Weather Clothing Checklist for Outdoor Adventures

- [ ] Long-sleeved shirt
- [ ] T-shirt
- [ ] Hiking shorts
- [ ] Long pants
- [ ] Sweater or warm jacket*
- [ ] Hiking boots or sturdy shoes
- [ ] Extra socks
- [ ] Hat with a brim for shade
- [ ] Bandanna
- [ ] Rain gear
- [ ] Extra underwear (for longer trips)

Cold-Weather Clothing Checklist for Outdoor Adventures

- [ ] Long-sleeved shirt
- [ ] Warm shirt*
- [ ] Long pants*
- [ ] Sweater*
- [ ] Long underwear*
- [ ] Hiking boots or sturdy shoes
- [ ] Extra socks
- [ ] Insulated parka or coat with hood
- [ ] Warm hat*
- [ ] Gloves*
- [ ] Rain gear
- [ ] Extra underwear (for longer trips)

*These items should be made of wool or a warm synthetic fabric. Avoid cotton clothing when the weather might be cool, cold, or wet.