



W.O.M.E.N EVENTS DAY HIKE & RAQUEL'S OUTDOOR GOURMET FOOD CHECKLIST

Clothing: Always bring warm to cold layers

- Base layer: Warmth & moisture control (consider the second skin)
- Mid Layer: Insulation (retain heat)
- Other Layer: Weather protection (protection from wind, rain, and snow)

Hydration

- Water bottle or hydration system

Day pack for your essentials such as sunscreen, lip balm, sunglasses, and extra clothing

First-aid kit

Portable chair to chill after the hike and be comfy to eat

And **do not forget to wear or bring your w.o.m.e.n gear** you own, such as sweatshirts, shirts, hats, beanies, blankets, a bottle water, and collapsable cups

If you have a **w.o.m.e.n loyalty card, do not forget to bring it!**

Beyond the essentials

- **Camera | phone**
- **Trekking poles**
- **Extra socks & comfortable shoes** for time to chill and eat after the hike
- **An outdoor blanket** being outdoors is fantastic and never uncomfortable if prepared for any weather. Blankets are a must for chilly times while eating gourmet food!
- **Yoga mat & strap** or resistance band (stretch tools for after hike)

allwomentribe.com

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