

## KSMOL LEVEL 1 GEAR LIST (as of June 2025)

- Shoes
  - Comfortable hiking shoes (waterproof recommended)
  - Mud/rain boots (optional)
  - Hiking/water sandals (recommended for summer)
- Clothing
  - Jacket with a waterproof shell
  - Rain pants
  - Base layers top/bottom (wool or cotton weather dependent)
  - Mid-layers (wool, fleece or cotton weather dependent)
  - Hiking pants (shorts/capris weather dependent)
  - Swimsuit/swim shirt and shorts (optional)
- Accessories
  - Day pack (20L)
  - Water bottle (1 Liter recommended)
  - Closed top insulated mug and/or thermos
  - Hat/beanie (fleece/wool, rain, sun)
  - Trail seat/sit pad (for sitting on wet ground, ex. Therm-a-Rest Z Seat)
  - Wristwatch
  - Small fixed-blade knife (Recommend brand: Mora; styles Eldris, Companion, Spark, or Kansbol)
  - Headlamp
  - Matches and/or lighter
  - Journal
  - Optional
    - Sunglasses
    - Gaiters
    - Basic first-aid kit
    - Emergency whistle
    - Outdoor chair (if you prefer supported seating)
    - Sunscreen
    - Insect repellent

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- Shoes & Clothing – Fall/Winter/Early Spring

- Comfortable hiking shoes (waterproof recommended)
- Mud/rain boots (optional)
- Rain pants
- Jacket with a waterproof shell
- Wool or synthetic top/bottom base-layers
- Wool or fleece top mid-layers
- Hiking pants

- Accessories – Fall/Winter Spring

- Day pack (20L)
- Rain hat
- Warm hat/beanie
- Gloves
- Sunglasses (optional)
- Gaiters (optional)
- Trail seat/sit pad (for sitting on wet ground, ex. Therm-a-Rest Z Seat)
- Outdoor chair (optional - if you prefer supported seating)
- Wristwatch
- Small fixed-blade knife (Recommend brand: Mora; styles Eldris, Companion, Spark, or Kansbol)
- Headlamp
- Water bottle (1 Liter recommended)
- Mug and/or Thermos

- Basic first-aid kit (optional)
- Sunscreen (optional)
- Insect repellent (optional)
- Emergency whistle (optional)
- Matches and/or lighter
- Journal