



OT Challenge Hike Weekend – Things To Bring and Know

The Basics

- Appropriate hiking clothing depending on weather.
 - Hiking boots: Lightweight for level to moderate challenging trails.
 - Water shoes or flip flops for water crossings if desired.....most likely not needed.
 - Underwear: Personal preference – cotton or polypropylene material.
 - Anti-Chaffing powder or stick or petroleum jelly – this is essential on long hikes like this to use wherever skin may rub together and even on feet before putting on socks.
 - Convertible nylon pants/shorts or shorts if desired.
 - Wicking shirt (s). Your OT Challenge Hike shirt is wicking material. Consider bringing multiple shirts to change into if your clothing gets wet.
 - Socks: Cotton is not recommended. Consider thin, synthetic “liner” socks, wool socks or wool/poly blend (“Smartwool”)
 - Outer clothing: Wicking material, like Microfiber or Gore Tex, for shirts and pants
 - Head covering. Warm head covering for cool days or cool mornings/evenings to prevent body temperature loss; and hat with a large rim for hot and sunny days to avoid sunburn.
 - Layered attire. Such as fleece jacket for cool temperatures that can easily be removed and packed when the temperature rises.
- “Comfort Bag”: You will be given a “Comfort Bag” heavy duty bag with your name on it to put things you want at the Aid Station. Recommended are: a change of shoes, change of clothes, clothes, socks. The “Comfort Bag” will be turned in the morning of the hike and at Aid Station waiting for you when you arrive. You may wish to bring a plastic bag to put wet socks, shoes and other clothing items that you change out of to put in your comfort bag also which will be taken back to the lodge for you.
- Bag chair to be taken to the Aid Station for use by hikers. Put your name on it. Will be returned to you.
- Hydration: Bring a backpack with a hydration bladder of at least 2 L. First filling at the Bass’ River Resort facility water taps. Refills will be at the Aid Station by means of bottled water. Or it is recommended to carry at least 2 L worth of bottled water on each of the two sections of the hike (8 bottles). Gatorade will also be available at the start of the hike and at the Aid Station.
- Hiking trekking poles or hiking stick/pole of some sort. These are helpful for both uphill and downhill sections of the trail and crossing creeks on slippery rocks.
- Moleskin and bandages blister control.
- Plastic bag or other water-proof container for any electronics you may be bringing such as GPS unit, cell phones, camera, compass, etc.
- Credit, debit card or cash in case you need to purchase something off the trail.
- Trail maps – will be given to you.
- Hiking Safety Whistle and Bear Bell
- Snacks and energy bars: You will be given two energy bars at the beginning of the hike and there will be additional items at the Aid Station. It is recommended that you bring your own favorite items if you desire things like Energy Beans or Stinger Waffles or special things.
- Lunch sandwiches will be at the Aid Station as well as PBJ sandwich supplies and honey and other snacks.
- Duct tape can be wrapped around poles. A good thing to have for general repairs on the trail.
- Sunscreen and Sunglasses.
- Insect repellent.
- Toilet paper in a waterproof bag. Yes you may need it on the trail so be prepared.
- Prescription medicines and other optional medications: pain relievers, antihistamine.
- ID and Emergency Contact Information in Waterproof bag.

Camping: Bring appropriate camping gear, tents, canopy, screened enclosure, etc. Missouri wood only can be brought for campfire if desired. Firewood is also for sale at Bass’ River Resort. All meals provided. Liquid refreshments provided but you are welcomed to bring whatever you may wish to enjoy each evening.