

Day Hike Packing List

- Hiking backpack
- T-shirt or long-sleeve shirt
- Hiking pants/non cotton athletic pants or shorts
- Fleece or puffy insulating layer if it's cold
- Waterproof jacket
- Well-fitting shoes or boots (no Vans or Converse)
- Wool or synthetic socks
- Plastic water bottle (No metal or glass)
- Sunglasses
- Beanie or brimmed hat
- Sunscreen and chapstick
- Lunch and snacks

If you have any questions about gear, please reach out to us:
trips@sahaleoutdoors.org



Summit Hike Packing List

- Hiking backpack
- T-shirt or long-sleeve shirt
- Hiking pants/non cotton athletic pants or shorts
- Fleece or puffy insulating layer if it's cold
- Waterproof jacket
- Well-fitting shoes or boots (no Vans or Converse)
- Wool or synthetic socks
- Plastic water bottle (No metal or glass)
- Sunglasses
- Beanie or brimmed hat
- Sunscreen and chapstick
- Lunch and snacks

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Orienteering Packing List

- Bag or backpack
- T-shirt or long-sleeve shirt
- Non-cotton pants or shorts
- Fleece or puffy insulating layer if it's cold
- Waterproof jacket
- Well-fitting shoes or boots (no Vans or Converse)
- Wool or synthetic socks
- Plastic water bottle (No metal or glass)
- Sunglasses
- Beanie or brimmed hat
- Sunscreen and chapstick
- Lunch and snacks

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Park Picnic Packing List

- Athletic clothing to run and play games in
- Food to grill for lunch (or cold lunch if you prefer)
- Plates and utensils
- Napkins
- Condiments for your food if needed
- Water bottles
- Sunscreen

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Caving Packing List

- Bag or backpack
- Long-sleeve shirt
- Thick pants that you are ok with getting dirty (i.e. older jeans)
- Fleece, puffy, or sweatshirt (it WILL be cold in the cave)
- Waterproof jacket
- Well-fitting shoes or boots (no Vans or Converse)
- Wool or synthetic socks
- Plastic water bottle (No metal or glass)
- Beanie
- Lunch and snacks
- Headlamp or flashlight

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Crystal Digging Packing List

- Bag or backpack
- T-shirt or long-sleeve shirt
- Thick pants that you are ok with getting dirty (i.e. older jeans)
- Fleece or puffy insulating layer if it's cold
- Waterproof jacket
- Well-fitting shoes or boots (no Vans or Converse)
- Wool or synthetic socks
- Water bottle
- Sunglasses
- Beanie or brimmed hat
- Sunscreen and chapstick
- Lunch and snacks

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Indoor Climbing Packing List

- Bag or backpack
- T-shirt or long-sleeve shirt
- Leggings or athletic pants
- Sweatshirt or jacket
- Water bottle
- Hair-ties or hat for long hair
- Snacks

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Snowshoeing Packing List

- Hiking backpack
- Long-sleeve non-cotton shirt
- Synthetic leggings or pants
- One insulating layer (fleece or puffy)
- Snow coat and snow pants
- Waterproof boots
- Wool or synthetic socks
- Plastic water bottle (no metal or glass)
- Beanie and waterproof insulated gloves
- Headlamp or flashlight: as small and light as possible.
- Sunglasses, sunscreen, and chapstick.
- Lunch and snacks

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Overnight Caving Packing List

- Backpack, sleeping pad, and sleeping bag, if you have them
- One T-shirt and one long-sleeve shirt
- Thick pants that you are ok with getting dirty (i.e. older jeans)
- Fleece, puffy, or sweatshirt (it WILL be cold in the cave)
- Waterproof jacket
- Well-fitting shoes or boots
- 1 pair per day wool or synthetic socks
- Plastic water bottle (no metal or glass)
- Underwear (1 pair per day)
- Beanie and extra pair of socks for night
- Toiletries, toothbrush, and toothpaste
- Any needed medications
- Headlamp or flashlight
- Sunglasses, sunscreen, chapstick, and a brimmed hat.

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Snow Camping Packing List

- Backpack, sleeping pad, and sleeping bag, if you have them
- Two long-sleeve non-cotton shirts
- One pair of fleece or synthetic leggings or pants
- One insulating layer (fleece or puffy)
- Snow coat and snow pants
- Waterproof boots
- 3 pairs of wool or synthetic socks
- Plastic water bottle (no metal or glass)
- Underwear (1 pair per day)
- Beanie and waterproof insulated gloves
- Toiletries, toothbrush, and toothpaste
- Any needed medications
- Headlamp or flashlight: as small and light as possible.
- Sunglasses, sunscreen, and chapstick.

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Camping/Hiking Packing List

- Backpack, sleeping pad, and sleeping bag, if you have them
- Two T-shirts, or one T-shirt and one long-sleeve shirt
- One pair of hiking pants and one pair of leggings or shorts
- One insulating layer (fleece or puffy)
- Waterproof jacket (and pants if needed)
- Well-fitting shoes or boots
- 1 pair per day wool or synthetic socks
- Plastic water bottle (no metal or glass)
- Underwear (1 pair per day)
- Beanie and extra pair of socks for night
- Toiletries, toothbrush, and toothpaste
- Any needed medications
- Headlamp or flashlight: as small and light as possible.
- Sunglasses, sunscreen, chapstick, and a brimmed hat.

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Backpacking Packing List

- Backpack, sleeping pad, and sleeping bag, if you have them
- Two T-shirts, or one T-shirt and one long-sleeve shirt
- One pair of hiking pants and one pair of leggings or shorts
- One insulating layer (fleece or puffy)
- Waterproof jacket (and pants if needed)
- Well-fitting shoes or boots
- 1 pair per day wool or synthetic socks
- 2 "Nalgene" style water bottles
- Underwear (1 pair per day)
- Beanie and extra pair of socks for night
- Toiletries, toothbrush, and toothpaste
- Any needed medications
- Headlamp or flashlight: as small and light as possible.
- Sunglasses, sunscreen, chapstick, and a brimmed hat.

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