

# 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](mailto:trips@sahaleoutdoors.org)

