

# Packing List Details

- Base layers: depending on weather, this may mean long underwear or non-cotton leggings and a warm shirt, or simply hiking pants and a synthetic t-shirt. Stay away from cotton.
- Insulating layers (fleece or puffy): Cotton loses its insulating ability when it gets wet, so choose an insulating layer that is either synthetic or down.
- Rain/wind shell layers: Bring some kind of light waterproof jacket on all trips. Some trips may require waterproof pants and a thicker jacket.
- Shoes or boots: Should fit appropriately and not slide up and down when walking. Running shoes, sneakers, and athletic shoes can work well. Make sure hiking boots fit you and do not hurt your feet. If they are brand new, we recommend taking a few short hikes in them ahead of time, to break them in.
- Wool or synthetic socks (1 pair per day): Wet cotton is a recipe for blisters. Make sure you have non-cotton socks, and at least one pair per day so you can change them out.
- 2 "Nalgene" style water bottles: Plastic, one liter water bottles are ideal. Avoid glass and metal water bottles, including Hydroflasks.

If you have any questions about gear, please reach out to us:  
[trips@sahaleoutdoors.org](mailto:trips@sahaleoutdoors.org)



# Packing Checklist

- 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.

