

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.

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

