

Packing List

5 Day Summer Backpacking

Personal Items*

- 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
- Well-fitting shoes or boots
- Comfortable, lightweight sandals or crocs to wear in camp
- Wool or synthetic socks (1 pair per day)
- Underwear (1 pair per day)
- Beanie and extra pair of socks for night
- Toiletries, toothbrush, and toothpaste
- Any needed medications
- Sunglasses, sunscreen, chapstick, and a brimmed hat
- Small amounts of cash or money for snacks or souvenirs at gas station stops

*If there is anything on the personal items list that you do not have and will need to borrow, please let us know at least two weeks before the trip date.

Optional (Bring them if you have them, but we will have them available)

- 60+ liter backpack
- Lightweight, warm sleeping bag
- Sleeping pad
- Tent
- Mess kit (plate or bowl, and utensils)
- Headlamp or flashlight
- Two plastic 1 liter water bottles

Provided by Sahale

- Food, from lunch on the first day to lunch on the last day
- Camp stove, fuel, and cooking pots
- Solo tents or 3-4 person tents
- First aid and emergency equipment, including a group first aid kit, bear spray, gear repair kit, and satellite communication device.
- Transportation to and from Federal Way



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