

DAY HIKING LIST



APPAREL

- Wear: REI Swiftland 5 shorts, Patagonia lightweight top, injinji hiking socks, Altra Olympus, Altra trail running gaiters
- Patagonia ultralight houdini jacket
- Rachel Pohl headband

COLD (55+) CLOTHES

- Mountain Hardware puffy
- Skida hat
- North Face gloves

HYDRATION

- 32oz Nalgene x2
- Steripen

FOOD

- Bars, energy blocks, dried fruit, electrolytes

GEAR

- Salomon Adv. Skin 12 vest OR Osprey Mira 32 backpack
- Matador phone holder
- Expedition 2 Pro poles
- Petzl Swift RL headlamp
- [First aid kit](#) & emergency cash
- SOL emergency blanket
- Sawyer bug lotion
- Sunscreen
- Portable charger
- Pack towel
- Garmin InReach Mini
- Kula Cloth
- Toilet paper
- Pocket knife
- Nemo chipper sit pad
- Duct tape
- Pack cover

Note: While I certainly wish I did, I do not get paid to promote any of these brands.