PACKING LIST

Utah Big 5 Adventure

Contact Information
(240) 344-0042 | info@getkidsoutside.net

Hiking Equipment	Qty	Need
☐ Hiking day pack	1	Required
☐ Large backpacking pack	0	Not Needed
☐ Large water bottles	2 or 3	Required
☐ Sitting pad	1	Recommended
☐ Headlamp or flash light	1	Recommended
☐ Set of extra batteries for head lamp	1	Recommended
☐ Hiking/trekking poles	1	Recommended

Personal Gear/Clothing	Qty	Need
☐ Sunglasses	1	Recommended
☐ Moisture-wicking t-shirt	5	Required
☐ Quick drying pants (prefer no denim)	3	Required
☐ Swim suit	1	Recommended
☐ Long sleeve shirts	3	Required
☐ Long underwear	3	Required
☐ Underwear	5	Required
☐ Lightweight fleece or jacket	1	Required
☐ Earplugs	1	Required
☐ Hat	1	Recommended
☐ Bandanas or buffs	1	Recommended
☐ Warm hat	1	Recommended
☐ Sleepwear	1	Recommended
☐ Insulated jacket	1	Recommended
☐ Insulated pants	1	Recommended
☐ Fleece or wool gloves or mittens	2	Recommended
☐ Rainwear (pants and jacket)	1	Required
☐ Flip flops or booties to wear inside lodging	1	Recommended
☐ Moisture wicking socks	5	Required
☐ Laundry bag	1	Recommended
☐ Lip balm	1	Recommended
☐ Sunscreen - (must be less than 3.4oz.)	1	Required
☐ Prescription medications	1	Required
☐ Tooth brush	1	Required
☐ Tooth paste - (must be less than 3.4oz.)	1	Required
☐ Deodorant - travel size	1	Required
☐ Any personal items/feminine products	1	Required
☐ Shampoo/conditioner (must be less than 3.4oz.)	1	Required
☐ Body soap and container	1	Required
☐ Bathroom/toiletries bag - one gallon zip lock bag with their name on it.	1	Required
☐ Gaiters	0	Not Needed
☐ Hiking boots	1	Required
☐ Hiking shoes or tennis shoes	1	Recommended
☐ Water shoes	1	Required

Camping/Backpacking	Qty	Need
☐ Tent	0	Not Needed
☐ Tent pad	0	Not Needed
☐ Sleeping bag	0	Not Needed
☐ Sleeping pad	0	Not Needed
☐ Pillow	0	Not Needed
☐ Solar charging station	0	Not Needed
☐ Dry bag or stuff sack	3	Recommended
☐ Stove with fuel	0	Not Needed
☐ Lighter or matches	0	Not Needed
☐ Cook pots	0	Not Needed
☐ Eating utensils	0	Not Needed
☐ Plates/bowls	0	Not Needed
☐ Mug	0	Not Needed
☐ Bathing towel	1	Recommended
☐ Multi-tool or knife	0	Not Needed

Misc.	Qty	Need
☐ Camera	1	Recommended
☐ Binoculars/spotting scopes	1	Recommended
☐ Reading material	1	Recommended
☐ Hand and/or foot pocket warmers (18hr single packs)	5-10	Recommended
☐ Micro spikes	1	Recommended

Trip Specific Notes