



Moab Packing List

We will explore well-used and somewhat populated trails. The risk of injury is low, but it is wise to be prepared.

Please be certain to pack the following required items:

- Hiking shoes (preferably trail runners or hiking boots - something with good tread)
- Hydration pack or daypack and water bottles
- [Hiking first aid kit](#)
- [Instant cold pack](#)
- Hiking clothes for all types of weather. Plan for layers, it could be cold, hot, rainy, sunny, or all of these in one day.
- Snacks that are stored in your pack
- Medical Insurance card securely in your pack
- [AllTrails App](#) - Many trails lack cell service. It's important that you download the route to your phone before each hike so you can utilize the navigation capabilities offline. We will send the Alltrails link to the hikes each day once trail conditions have been confirmed.

Recommended:

- Wool socks (Smartwool and Darn Tuff are great)
- Sunglasses
- Hat
- Hiking poles. These help take the strain off the legs/back and offer stability on the rocky trails.
- Moisture-wicking clothing.
- Sun protection
- Wipes
- Kleenex
- Toilet paper
- [Hot packs](#) for hands/feet
- [Cyalume light sticks](#) or small flashlight
- Chapstick
- Something to sit on - a [lightweight hiking chair](#) - rocks and logs etc. are also readily available. There will likely be times when we meet or eat lunch outdoors.