



# UTAH RED ROCKS

## 2024 PACK LIST

### CAMPING EQUIPMENT

1	65L backpack - with waterproof backpack cover	1	Synthetic camp towel - bath towel size
1	20° sleeping bag - with compression sack	1	Headlamp - with extra batteries
1	Sleeping pad	1	Insulated plastic cup - 8oz
1	Small backpack / day pack	1	4-5" bowl
2	Water bottle - 1 liter	1	Camping utensils

### CLOTHING

5	Synthetic underwear	1	Hiking pants
3	Sports bras	1	Rain jacket
1	Synthetic long underwear - top & bottom - medium weight	1	Fleece pullover - midweight
3	Synthetic t-shirt	1	Comfortable outfit - for travel and rest days
1	Synthetic long sleeve shirt / Sun hoody	1	Swimsuit
2	Athletic shorts		

### FOOTWEAR + ACCESSORIES

4	Socks - synthetic hiking socks	1	Sun hat
1	Hiking boots or shoes - medium weight	1	Athletic shoes
1	Water shoes - with heel strap		

### TOILETRIES

1	Sunscreen - 12oz	1	Soap
2	Hand sanitizer - 2oz	1	Deodorant
1	Toothbrush + toothpaste	1	Insect repellent - 12oz
1	Shampoo	1	Lip balm
1	Toiletry bag or Dopp kit		Moleskin - 5-7 pads (blister care)

### MISCELLANEOUS

1	Sunglasses - with retainer strap (i.e. Croakies or Chums)	1	Spending money - \$50/week
1	Laundry bag	1	Watch
1	Whistle	1	Insect head net
2	Bandana	1	Compass
1	Buff		

Optional Items: camera, book, journal, camp chair, camp pillow, trekking poles, gaiters

### VISIT THE WA STORE TO OUTFIT YOUR ADVENTURE

Questions about items on your packing list? We're here to help!  
Give us a call at 307-733-2122 or reach out to your Regional Coordinator  
for advice and tips.



#### PRO TIP

Don't forget to break  
in your hiking shoes  
before your adventure!