



# Boulder 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

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.
- [AllTrails App](#)