

SUGGESTED PACKING LIST for ZION AND RED MOUNTAIN SPA

SHOES **most important to have comfortable shoes with good traction

- -Hiking shoes-**Sturdy hiking shoes with ankle support or trail runners are a great choice.**
- -Hiking socks. **Good socks can make a huge difference. I like Darn Tough but may good options. I usually bring 2 pairs and re-wear.**

GEAR

- Daypack (**I suggest one with chest strap and waist belt**)
- Water bottle (**2 L water bottle or more than one smaller, or a camel back**)
- Headlight

HIKING CLOTHES

LAYERING IS KEY!

- Sports bra
- Wicking t-shirt (**I like to wear a wicking underneath. If it's not warm, you don't have to**)

FOR LAYERING: Bring

- a base layer
- an insulating layer
- an outer layer.

For example: I like

-long sleeve top (wicking base layer)

-fleece jacket (insulating layer)

-outer jacket (wind breaker). I usually use my rain jacket for this, or I have a light down jacket I sometimes use).

- Rain jacket (**can be your outer layer**)
- Rain pants, daypack cover (if rain in the forecast)

- Hiking pants or leggings (if warm, shorts or zip off pants) . I'll bring 2-3 pairs

OTHER

- Bathing suit (**hot tub**)
- Yoga clothes
- Pajamas
- Casual clothes
- Winter Hat and gloves
- Sun Hat
- Sunglasses
- Sun lotion
- Protein bars or nut bags for snacks (**optional-but come in handy. You can get there**)
- Phone charger
- Personal items