

Day Hiking Equipment List

Sawtooth Mountain Guides partners with Mammut for technical outerwear and equipment. We also partner with Backwoods Mountain Sports in Ketchum. Click on the logos for the company websites or on the links below for specific products.



Accessories

- 15-30L backpack such as [Mammut Lithium](#)
- Sunglasses
- Sunscreen
- Brimmed hat or visor
- Bug repellent*
- Lip balm
- [Restop Bag](#)/Wag Bag*
- Personal first aid kit (athletic tape, ibuprofen, bandaids, blister material, etc.)*

Food and Water

- Lunch
- Snacks
- 1 liter of water

Recommended Clothing (Mammut has M's and W's versions of the following products):

- Gore-tex or equivalent shell jacket such as Mammut Taiss HS Hooded (if rain is forecast)
- Synthetic hiking pants such as Mammut Zinal or Aenergy
- Sun hoody, such Mammut Selun
- Insulation piece such as Mammut Rime Light
- Lightweight hiking shoes/boots

*Denotes optional gear