

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.)*
- Hiking poles

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 Aenergy HS Hooded Jacket](#) (if rain is in the forecast)
- Light insulated puffy jacket such as [Mammut Rime Light](#)
- Synthetic hiking pants such as [Mammut Zinal](#) or [Hiking V](#)
- Sun hoody such as [Mammut Selun](#)
- Lightweight hiking shoes/boots such as [Mammut Sertig III Mid GTX Shoes](#)

*Denotes optional gear