

SSJ Borah Trip - What to Bring

General (not hiking specific)

Religious:

- Bible
- Rosary
- Journal and pen (as needed)

Food:

- Lunches (many lunches could be on the go)
- Snacks

Clothing:

- Clothing appropriate for 4 days of, praying, adventuring, and relaxing.
- Swimming trunks and towel

Any needed toiletries

Misc:

- Bug spray

Borah Hike Specific Gear:

Mount Borah is 12,662 feet high and at the end of July the temperatures may range from 80-90 degrees at the trail head in the afternoon to the 40-60 degrees F (40s from wind chill) at the summit. You need to prepare for a demanding day that will take about 8 to 12 hours with an elevation gain of approximately 5,200 feet.

The terrain is steep and involves scrambling on Chicken Out Ridge. Weather in the mountains can change quickly, so have some extra gear/layers.

Backpack:

- 20–30 L daypack

Water & nutrition:

- 3–4 liters of water (strong hikers often drink all of it)
- Electrolyte tablets or drink mix
- Easy-to-eat food:
 - Energy bars
 - Trail mix
 - Sandwich or wrap
 - Fruit
 - Gummies or chews

Clothing (Wear moisture-wicking layers):

- Synthetic or merino T-shirt or sun hoodie
- Hiking shorts or lightweight hiking pants

Pack these (as conditions deem):

- Lightweight fleece or Lightweight puffy jacket (Temperatures near the summit can be 30–40°F colder than the trailhead. We likely spend time at the summit for Mass)
- Wind shell/Waterproof rain jacket (for strong winds and or storms)
- Lightweight gloves (for the scrambling on chicken our ridge)
- Warm beanie or buff (if your head or neck gets cold easily)

Footwear:

- Trail runners or hiking boots with good grip
- Wool or synthetic hiking socks

Safety:

- Light gardening or work Gloves (for the scrambling)
- Fully charged phone
- Headlamp (start before sunrise or coming back late)
- Small first aid kit
- Blister treatment (Leukotape, moleskin, etc.)
- Emergency blanket
- Whistle

Sun protection (UV exposure is much more above 10,000 ft):

- Sunglasses
- Sunscreen (SPF 30+)
- Lip balm with SPF
- Wide-brim hat or baseball cap

Highly recommended:

- Trekking poles (especially for the long descent)
- Toilet paper and zip bag
- Small trash bag
- Camera, if no phone
- Power bank for phone if needed