

Big Basin / Skyline to the Sea Backpacking Equipment List

The following is a list of gear that you should bring with you on a backpacking trip. In general, you would pack the same gear for a two-day trip and a twenty-two day trip. The only variation comes with weather and terrain considerations. Each piece of gear has a specific function for your safety and comfort, and fashion should not be considered at all. It is important that you *don't* bring extra clothes, because your pack will be heavy with food and other important gear.

An asterisk (*) indicates optional items.

CLOTHES

- Comfortable, **broken-in** boots (boots that have been walked in for 20 or more miles)
- 2 pairs thick hiking socks (1 for 3-day trips)
- 2 pairs thin sock liners* (1 for 3-day trips)
- 2 pairs underwear (boys: 1 on, 1 in pack, change half way; girls: 1 per day)
- sports bra*
- 1 pair hiking shorts (those “zip-off” leg pants are really nice for this...)
- 2 tee shirts (cotton T-shirts are okay, but “wicking” material is best, i.e. soccer jersey)
- long underwear top and bottom
- 1 pair pants (NOT jeans – if you bring zip off leg pants, that counts)
- lightweight warm jacket (fleece or light insulated jacket)
- lightweight waterproof jacket or poncho
- waterproof pants* (you can get cheap sets of rain gear at target, kmart, etc.)
- light, comfortable camp shoes or sport sandals (e.g. Tevas, Chacos, Crocks)
- hat with visor
- wool or fleece hat

UTENSILS

- 1 spoon, 1 fork (SPORK!), shallow Tupperware with lid, plastic or metal hot drink mug

OTHER

- sleeping bag (“mummy bag” style, not roll up!)
- large backpack with hipbelt that fits comfortably
- sleeping pad (foam pad or thermarest that rolls up)
- flashlight/headlamp with new batteries
- extra bulb/batteries (not req'd for 3-day trips)
- a way to carry 2 quarts of water (bottles, camelbak)
- bandanna
- whistle
- sunglasses
- toothbrush
- lip balm
- waterproof backpack cover (**not a garbage bag**)
- feminine products, prescription meds (inhalers, epi-pens)
- small bag for “smelly” items (ziplock)
- lightweight camera*
- book/journal/art supplies*
- change of clothes for van*
- small pocket knife
- frisbee to be used as a plate*
- pack chair*
- trekking poles*
- mosquito net* (these are really, really nice to have)

**Do not Bring these items - they will be
Provided or YOU DON'T NEED THEM!**

Sunscreen	ibuprophen
Toothpaste	acetaminophen
Soap/shampoo	antihistamine
Toilet paper	antacid
Trash bags/ ziplocks	antidiarrheal
Stove,fuel, cooking pots	Rope
Tent/tarp	deodorant
Water filter	cologne
sheath knife	nail clippers
Map	Electronic Devices (allowed in van at own risk, NOT on trail)
Lighter or firestarter	