

Lost Coast

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** hiking boots (walked in for 20 or more miles)
- 2 pairs underwear (boys: 1 on, 1 in pack, girls: one per day)
- sports bra*
- 2 pairs thick hiking socks (one on and one in the pack)
- 2 pairs thin sock liners* (if you're not sure if you like sock liners, try them out first)
- 1 pair hiking shorts (those zip-off leg pants work well, but should not be your only pants)
- 1 swimsuit* (can double as your hiking shorts)
- 2 tee shirts (cotton tee shirts are fine, but "wicking" material is best, i.e. soccer jersey)
- long underwear top and bottom
- 1 pair pants (pref. fleece, **not jeans!!**)
- lightweight warm jacket (thick fleece or light insulated jacket)
- waterproof jacket
- waterproof rain pants (cheap rain gear sets are available at target, kmart, etc.)
- waterproof sandals with heel strap (teva, chaco, crock or other sport sandal)
- hat with visor
- wool or fleece hat
- wool or fleece gloves* (not snow gloves)

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 hip belt that fits comfortably
- sleeping pad
- flashlight/headlamp with new batteries
- extra batteries/bulb
- a way to carry 2 quarts of water (bottles, camelbak, etc.)
- bandanna
- toothbrush
- sunglasses
- whistle
- spf 15 lipbalm
- waterproof backpack cover (**not a garbage bag**)
- Feminine products, prescription meds, inhaler, epipen
- small bag for "smelly" items (ziplock)
- small pocket knife
- pack chair*
- mosquito net* (cheap and really nice to have)
- lightweight camera*
- pack towel*
- trekking poles*
- journal/book/art supplies*
- frisbee to be used as a plate*
- Change of clothes for van*

Do not bring these items- They will be provided or YOU JUST DON'T NEED THEM!!

Sunscreen	lighter/fire starter
Sheath knife	rope
Water purifier/ tablets	toothpaste
stove, fuel, cooking pots	tylenol, ibuprofen, anti- histamine, antacid,
Map	antidiarrheal
Toilet paper	tent/ tarps
Bug repellent	soap & shampoo,
Nail clippers	deodorant, cologne
Electronic Devices (Allowed in van at your risk, NOT on trail)	