

LOST COAST ADVENTURE TOURS

	Quantity	Item
		GEAR LIST o=optional
<input type="checkbox"/>	1	Large expedition backpack
<input type="checkbox"/>	1	Bear can
<input type="checkbox"/>	1	Tent (or tarp shelter)
<input type="checkbox"/>	1	Sleeping bag (we recommend synthetic)
<input type="checkbox"/>	1	Hiking boots or shoes
<input type="checkbox"/>	2	Waterproof Sack or garbage bag
<input type="checkbox"/>	1	Waterproof pack cover(o)
<input type="checkbox"/>	1	Pair of hiking poles (o)
<input type="checkbox"/>	1	Pair of gaiters (o)
<input type="checkbox"/>	1	Sleeping bag liner (o)
<input type="checkbox"/>	1	Compression sack for sleeping bag
<input type="checkbox"/>	1	Bivy bag (o)
<input type="checkbox"/>	1	Sleeping pad (ex: thermarest)
<input checked="" type="checkbox"/>		<u>Personal clothing items</u>
<input type="checkbox"/>	3	Pairs of synthetic or wool socks
<input type="checkbox"/>	2	Liner socks
<input type="checkbox"/>	2	Synthetic base layers (top and bottom)
<input type="checkbox"/>	1	Hiking pants
<input type="checkbox"/>	1	Hiking shorts (optional)
<input type="checkbox"/>	2	underwear and/or bra
<input type="checkbox"/>	1	Fleece pants (o)
<input type="checkbox"/>	1	Fleece top layer(o)
<input type="checkbox"/>	1	Down/synthetic vest or jacket
<input type="checkbox"/>	1	Waterproof jacket
<input type="checkbox"/>	1	Waterproof pants
<input type="checkbox"/>	1	Beanie (o)
<input type="checkbox"/>	1	Gloves (o)
<input type="checkbox"/>	1	Bandana (o)
<input type="checkbox"/>		Sun hat
<input checked="" type="checkbox"/>		<u>Individual Items</u>

	Quantity	Item
		GEAR LIST o=optional
<input type="checkbox"/>	1	Compass (o)
<input type="checkbox"/>	1	Whistle
<input type="checkbox"/>	1	Watch (o)
<input type="checkbox"/>	1	Toothbrush/toothpaste/floss
<input type="checkbox"/>		Personal medication
<input type="checkbox"/>	1	Toilet Kit (Hand sanitizer,toilet paper,hygiene products)
<input type="checkbox"/>	1	Sunglasses
<input type="checkbox"/>	1	Sunscreen
<input type="checkbox"/>	1	Lip balm
<input type="checkbox"/>	2	Nalgene water bottles with widemouth
<input type="checkbox"/>	1	Thermos for hot drinks (o)
<input type="checkbox"/>	1	Food bowl
<input type="checkbox"/>	1	Plastic spoon/fork
<input type="checkbox"/>	1	Headlamp
<input type="checkbox"/>		Extra batteries
<input type="checkbox"/>	1	Pocket knife (o)
<input type="checkbox"/>	1	Journal/pen