



## Lost Coast Trail Gear Checklist

	Quantity	Item
<input type="checkbox"/>	1	Large expedition bag (50-65 liters recommended)
<input type="checkbox"/>	1	Bear canister (we provide that for you)
<input type="checkbox"/>	1	Tent with footprint or tarp shelter
<input type="checkbox"/>	1	Sleeping Bag (we recommend synthetic for waterproofing)
<input type="checkbox"/>	1	Compression Sack for sleeping bag - optional
<input type="checkbox"/>	1	Sleeping Pad, foam or inflatable (ex: thermarest)
<input type="checkbox"/>	2	Waterproof sack or heavy duty garbage bag
<input type="checkbox"/>	1	Waterproof pack cover — optional
<input type="checkbox"/>	1	Pair of hiking polls — optional <i>but recommended</i>
<input type="checkbox"/>	1	Sleeping bag liner— optional
<input type="checkbox"/>	1	Bivy Bag— optional
<b>Personal Clothing Items</b>		
<input type="checkbox"/>	2+	Pair of synthetic or wool socks
<input type="checkbox"/>	1	Liner Socks — optional but recommended
<input type="checkbox"/>	1	Pair of Desert Gaiters — optional but recommended
<input type="checkbox"/>	1	Hiking boots or shoes (waterproof highly recommended)
<input type="checkbox"/>	1	Lightweight Creek crossing/ Camp shoe (ex: tevas, crocs, etc)
<input type="checkbox"/>	1	Synthetic base layers (top and bottom)
<input type="checkbox"/>	1	Synthetic hiking shirt/ Sun Shirt
<input type="checkbox"/>	1	Hiking Pants (pants recommended for poison oak; NO Demin)
<input type="checkbox"/>	1	Hiking Shorts — optional
<input type="checkbox"/>	2+	Undergarments (underwear/ sports bra)
<input type="checkbox"/>	1	Fleece pants — optional for insulation at camp
<input type="checkbox"/>	1	Fleece top layer— optional
<input type="checkbox"/>	1	Down/synthetic jacket
<input type="checkbox"/>	1	Waterproof rain jacket
<input type="checkbox"/>	1	Waterproof rain pants
<input type="checkbox"/>	1	Beanie— optional but recommended
<input type="checkbox"/>	1	Fleece Gloves / Sun Gloves — optional
<input type="checkbox"/>	1	Bandana— optional but recommended
<input type="checkbox"/>	1	Sun Buff— optional but recommended
<input type="checkbox"/>	1	Sun Hat
<b>Individual Items</b>		
<input type="checkbox"/>	1	Whistle - important for safety, please bring
<input type="checkbox"/>	1	Toothbrush/toothpaste/floss
<input type="checkbox"/>	1	Personal Medication (if applicable)***
<input type="checkbox"/>	1	Copy of medical insurance card and ID
<input type="checkbox"/>	1	Toilet Kit (hand sanitizer, toilet paper, hygiene products, 2 ziploc bags)

<input type="checkbox"/>	1	Sunglasses
<input type="checkbox"/>	1	Sunscreen
<input type="checkbox"/>	1	Lip Balm
<input type="checkbox"/>	1-2	Nalgene water bottles with wide mouth**
<input type="checkbox"/>	1	Mug/ thermos for hot drinks – optional
<input type="checkbox"/>	1	Food bowl
<input type="checkbox"/>	1	Camping spoon/forks
<input type="checkbox"/>	1	Headlamp with Extra Batteries
<input type="checkbox"/>	1	Hot Spot/ Blister Prevention -- optional, guide will be carrying first aid as well
<input type="checkbox"/>	1	Pocket knife— optional
<b>Kitchen Items for groups that are cooking for themselves</b>		
<input type="checkbox"/>	1	Lightweight Camp Stove (ex: MSR Whisperlite or JetBoil)
<input type="checkbox"/>	2+	Full bottles of fuel -- amount depending on group meal plans & fuel type
<input type="checkbox"/>	1+	Cooking Pots with grippers
<input type="checkbox"/>	1+	Cooking Utensils (ex: rubber spatula/ serving scoop)
<input type="checkbox"/>	1	Soap for cleaning -- pot scrapper optional
<input type="checkbox"/>	2	Lighters
<input type="checkbox"/>	1	Repair Kit - optional

**NOTES:**

\*\* Please note that we recommend having the capacity to carry 1 to 2 liters on all trips & recommend that a minimum of one liter is from a hard bottle to avoid possibility of puncture

\*\*\* If carrying vital medications such as epi pens/ insulin/ nitroglycerin etc, please inform your guide of this & where medications can be found in your bag at the start of the trip

Clothing Materials:

Polypropylene, polyester, fleece, silk, down and wool are all acceptable fabrics. Cotton gets cold when wet and will weigh you down!

What to Expect:

Mild Temperatures to cool in the evening. Some summer days can bring direct hot sun exposure as well. Often rains in this area & potentially windy.