

Dear Pacific Packer:

We're excited about our journey through the beautiful redwoods. Let's prepare for the trip.

Except for hiking boots, most gear should be borrowed instead of purchased. If you do not have gear of your own, considering borrowing from a Boy Scout, as much of the backpacking gear is required gear for most Boy Scouts. If you purchase gear, be sure to keep the tags on the items as often we will exchange gear with items in our extra gear bin at camp.

1. BOOTS:

- high top, flexible, and broken in (at least 10 hours of wear).
- need to be comfortable (normally at least ½ size bigger than normal sneaker). The boot should fit well with 2 pairs of socks (nylon or silk liner + heavy outer sock – neither one cotton).
- Shop Big 5, Sports Basement, Dick's; expect to pay \$40-80, more expensive does not mean better

2. BACKPACK:

- Should be adjustable.
- Must have an internal or external frame
- is required gear for most Boy Scouts, if you need to borrow one.

3. SLEEPING BAG:

- should be the kind that stuffs (down or polarfill type) in a waterproof stuff sack. If you can't stuff it, then it is not a sleeping bag for backpacking.
- is required gear for most Boy Scouts, if you need to borrow one.

4. CLOTHING:

- NO COTTON
- Should be light weight and synthetic

5. TOILETRIES: All toiletries should be small/travel size, as regular size items add up to extra unnecessary weight.

If you have any questions or have difficulty finding items, contact:

Sapphire: 925-639-1236; tomsueolson@gmail.com

BACKPACKING EQUIPMENT LIST Put your name on everything!

_____ BACKPACK with FRAME

FOOTWEAR:

- _____ hiking boots, high tops
- _____ thin liner socks (3 pairs, nylon or other synthetic, NO COTTON)
- _____ heavy socks (3 pairs, wool or synthetic, NO COTTON)

SLEEPING GEAR

- _____ sleeping bag and stuff sack
- _____ insulating pad
- _____ sleeping bag straps (if hanging)
- _____ pillow case (stuff with clothes for pillow at night)
- _____ long underwear or leggings (polyester, silk, nylon, polypropylene, etc. – NO COTTON)
- _____ wool cap, mittens or gloves

CLOTHES: All clothes should be made of lightweight, synthetic, wicking material - NO COTTON

- _____ 1 pair hiking shorts or pants, lightweight (nylon, polyester, i.e. soccer/basketball shorts)
- _____ 1 t-shirt, lightweight (synthetic)
- _____ 1 pair lightweight long pants (yoga or leggings - NO JEANS)
- _____ 1 long-sleeve shirt (synthetic)
- _____ Fleece or synthetic sweatshirt/jacket (NO cotton sweatshirts!)
- _____ hat with brim
- _____ underwear and sports bra
- _____ lightweight plastic poncho or large trash bag

EATING GEAR: lightweight and durable

- _____ 1 cup
- _____ 1 bowl or plate
- _____ spoon or spork
- _____ Two - 1 liter wide-mouth plastic water bottles with screw-on lid (or equivalent hydro-pack)

TOILETRIES: (trial size)

- _____ toothbrush _____ comb or brush (small) _____ chapstick (with sunscreen) _____ sunscreen
- _____ bug repellent (small) _____ pads or tampons, if needed _____ deodorant (as small as possible)
- _____ personal medications

MISCELLANEOUS:

- _____ small flashlight (AA batteries or smaller), or Head Lamp _____ whistle _____ sunglasses _____ 2 bandanas
- _____ mosquito head net (for over face)

OPTIONAL ITEMS: (not necessary)

- _____ very lightweight water shoes (like crocs) _____ pocket knife _____ mesh/dunk bag
- _____ camera (disposables work great) _____ hiking poles _____ mosquito bivvy

GROUP EQUIPMENT: (supplied by camp) soap, nylon cord, stoves and fuel, cooking utensils, water purification, maps and compasses, Tyvek[®] ground cover