Olympic Coast Backpacker Packing list

- **LUNCH & SNACK** for the first day! Please eat a good breakfast before meeting us.
- **Backpack**, fitted professionally, preferably an internal-frame pack but external will do.
- **Sleeping Bag**, rated at 20-40 degrees Fahrenheit, lightweight.
- **Lightweight Backpacking Sleeping Pad**, Therm-a-rest or similar. Can be inflatable or foam.
- **2-3 person Backpacking Tent**, please make sure to Seam Seal and waterproof before the trip and that the rainfly covers the whole tent, ideally with a vestibule.
- **Waterproof Hiking Boots**, already broken in.
- 4-5 pair of wool or synthetic hiking socks.
- 2 pairs of camp socks.
- Moleskin, 1 new pack.
- **Rain Coat**, lightweight and waterproof.
- **Mosquito Net**, at least to cover your head.
- Base layer/ long johns – top and bottom (non-cotton).
- Warm fleece/puffy/wool top (non-cotton).
- 1 long sleeve shirt.
- 2-3 T-shirts.
- 1 pair of long pants, should be nylon or other synthetic material.
- 2-3 pair of shorts.

**Underwear**

- Swimsuit and small towel.
- Hat, with brim or bill.
- Beanie.
- 1 pair of camp shoes (crocs, water socks or sturdy sandals; **needs back strap**).
- 2-one liter Nalgene bottles or 1-one liter bottle and a 1 liter Platypus Water Bladder.
- **Bowl & Cup** (lightweight metal or plastic) and a spoon (Fork optional).
- Camera (optional).
- **Headlamp** with fresh batteries.
- Sunglasses.
- Bandana or buff.
- Small lightweight Daypack or Fanny Pack for excursions (lid of your backpack or REI flash pack style).
- **Trekking Poles** - optional but encouraged (very helpful for steeper sections, creek crossings and balance).
- Tooth brush, toothpaste, Lip Balm, sunscreen & necessary toiletries.
- Bug spray (Picaridin, 30% Deet or Lemon Eucalyptus suggested).
- Trail Snacks that you like (optional, we will also provide ample food & snacks).
- Small paperback for downtime reading (optional).

**We will provide tents for those who do not already have their own. We have a limited supply so if you have a 2-3 person tent please bring it.**