

# EQUIPMENT LIST

Point Reyes – Summer 2017

## Backpacking Packing List

This packing list includes the clothing you are wearing upon arrival to meet up with your group. Please note we will be able to provide storage for one small duffel bag to be stored on campus.

### Camping Gear

- Hiking Boots: make sure they are broken-in, comfortable, and sturdy. Good ankle support is critical. If you are buying new boots before this trip make sure to wear them and break them in before this trip.
- Sleeping bag: Synthetic. No cotton bags. Must be rated to 30° or colder.
- Backpack: 50-65 liters- internal frame preferred. (should fit all your personal gear with space for group gear and food)
- TWO one liter water bottles (Nalgens or large 1L supermarket water bottles work fine) If you choose to bring a camelback, that's great but please still bring one water bottle as well.
- Headlamp or flashlight with extra batteries, size AA or AAA.
- Small Mug/Cup, Bowl and Spoon (sturdy plastic Tupperware works great)
- Large heavy duty trash bag (compactor bags work best) or raincover for your pack and gear

### Clothing: Upper Body

- Long underwear top (synthetic/polypropylene)
- 2 t-shirts (non-cotton preferred)
- Mid-weight fleece/wool shirt
- 1 heavy-weight fleece jacket/wool sweater/down jacket (should be able to be worn over your mid-weight layer)
- 1 waterproof rain jacket (with hood)

### Clothing: Lower Body

- 1 pair long underwear bottoms (synthetic/polypropylene)
- 2-3 pairs underwear
- 1 pair nylon(sports) shorts
- 1 pair lightweight pants- nylon wind pants or zip-off pants work great and double as shorts.
- 1 pair fleece or wool pants for cold weather (no cotton sweat pants)
- 1 pair rain pants (waterproof layer)
- 2 pairs of wool or synthetic socks for hiking
- Optional: 1 pair Polypropylene thin liner socks (recommended for those who are new to hiking and not sure if they are fine without them — they help prevent blisters)

### Personal Camping Gear

- Lightweight gloves (wool, polyester, or polypropylene).
- Sun hat (baseball cap or broad-brimmed hat).
- Sunglasses (retention strap recommended)
- Warm hat (wool or fleece, not cotton).
- Personal hygiene items, toothbrush, toothpaste (travel size).
- Eyewear: Glasses (w/ hard protective case), extra contact lenses, contact solution (travel size), contact case.
- 1 bandanna or washcloth for personal hygiene use.
- Sunscreen and lip balm – sunscreen and lip balm should be at least SPF 30.
- Extra supply of prescription medications (i.e. asthma inhalers)
- Insect repellent.
- \$40 cash for two meals on the road. One meal for each day of travel.
- Small notebook/paper and pen or pencil
- Optional: 1-2 small/medium stuff sacks, for organizing personal or group gear.

- Optional: In camp shoe: old sneakers work best — NO flip flops please.

### Optional Luxury Items

- Frisbee, hacky-sack, playing cards, notebook/pen,
- camera (be aware, digital cameras do not handle water and sand well. If you would like to bring a camera, consider a rugged version and a decent dry case.
- Separate small duffel labeled with your name and safely stored on campus until your return.
- Clean change of clothes to store in small duffel for return.
- Wallet
- Other toiletries needed upon return (medicines, shampoo, soap, lotion).
- Sleeping pad: Ensolite or Thermarest (closed-cell foam) – we provide a foam sleeping pad but you can bring your own if you prefer.

### Please Do Not Bring

- Electronics: music players, cell phones, CD Players, etc. (phones approved for use in car ride only)
- Perfume / Cologne
- Other expensive items you would be upset to lose or have break.

### Tips for getting the gear...

For items like a backpack please look into renting; one it's cheaper, and two you get to wear out someone else's gear. That being said you are more than welcome to bring your own gear or purchase gear for the trip.

For clothing items if not already owned...while places like Patagonia, L.L. Bean, and REI (REI has a used gear sale about once a month) have these items, they can start to add up trip expenses. Alternatively you can find these items at thrift stores like Goodwill, Savers, Target, etc. Just make sure to check tags to make sure the item is not made with any cotton. Borrow gear from friends/family is also a great option.

If you are having any difficulty with finding the appropriate equipment or have any questions/concerns, please do not hesitate to contact Sam Johnson ([s\\_johnson@berkeley.edu](mailto:s_johnson@berkeley.edu)).

### **Where we're going...**

Point Reyes National Seashore

You have signed up for the Point Reyes National Seashore backpacking trip! Good call. Just wanted to include a link to the Point Reyes National Seashore Park Service web page (<http://www.nps.gov/pore/index.htm>). It is a great resource for checking the park, they have a lot of information on the park itself, the parks plants and it's wildlife.