

# Packing List for Pacific Crest Trail Backpacking

Your guides will perform a gear check with you at the office to ensure you have everything you need. You may be asked to carry a portion of the shared group gear.

## Gear We Provide

The use of the following items is provided at no extra cost. You are welcome to use your own gear if you prefer. Some items are group gear that will be shared between all of us.

- Backpacking Tent
  - Please let us know if you plan on using your own tent in advance, and who you are planning on sharing a tent with (if you are traveling with others).
- Trekking poles
- Water filter
- Stove and fuel
- Breakfast, lunch, and dinner
- Snacks
- Tea, coffee, and hot cider
- Bear bag hang kit or bear canister (for storing out of reach from bears)
- Toilet paper and waste bags
- Small travel trowel
- First aid kit carried by guides

## Gear You Provide

Please prepare for your trip by having all of these items. We have very limited supplies of sleeping bags, sleeping pads, and backpacks if you cannot acquire your own.

### Backpacking Gear

- Backpack (55 to 70 liter capacity)
- Backpacking sleeping bag (20°F to 40°F)
- Backpacking sleeping pad
- Packable pillow (inflatable or compressible)
- One pair of clean sleeping socks
- Headlamp and extra batteries
- Stuff sacks or waterproof dry bags for gear organization
- Trash compactor bag (to use as a waterproof backpack liner)

## Clothing

All clothing should be synthetic or wool

- Sun hat
- Warm beanie
- Sunglasses
- Hiking shirt
- Fleece, down, or synthetic packable jacket (no ski jackets please)
- Hiking shorts or convertible pant
- Waterproof outer shell jacket and pants
- Lightweight hiking boots or hiking shoes (broken-in, and sturdy enough for trail use)
- Hiking socks (3 pair)
- Underwear and sports bra (2-3 pair)
- Swim suit
- Thin gloves for warmth
- Top and bottom base layers

## Hydration and Camp Kitchen

- Water bottles or hydration bladder (at least 2 liters total)
- Additional “backup” water storage
  - This is an extra 2 liters for water-scarce sections. Having a collapsible solution will save space in your pack.
- Utensils and dinnerware.
  - Lightweight mug, plate or bowl
  - Spork (or fork and spoon separate) and a knife
- Small lighter

## Personal Items

Repacking personal items and toiletries into smaller portions (ie., bringing just enough for the duration of your trip, plus two days extra) will save a lot of space and weight in your pack!

- Ear plugs
- Eye mask
- Personal medications (enough for your trip and two extra days)
- Menstrual products - see [Backpacking with Your Period](#) for more information
- Urinary products - see [Ways to Pee Outdoors for Women](#) for more information
- Sunscreen
- SPF-rated lip balm
- Toiletries
- Cash for gratuity (at your discretion)
- Hand sanitizer
- Wet wipes
- Face covering (when riding inside the vans)
- Quick-dry camp towel
- Insect repellent and/or mesh head covering

### Optional Items

- Lightweight camp shoes with a backstrap (Crocs are a great example!)
- Backpacking camp chair
- Sleeping bag liner (provides extra warmth and comfort)
- Snacks, candies, and caffeine (for motivation in the trail)
- Headphones (for motivation in the trail)
- Packable lantern
- Rechargeable battery pack
- Over-the-head bug net (recommended)
- Bear resistant food-storage canister or sack (we will provide this too)
- Bandana or neck gaiter
- Emergency shelter (we will provide)
- Extra blister treatment supplies (we will provide)