

## Coastal Bliss Adventures

### Clothing & Equipment Packing Checklist

**Backpacking** – West Coast Trail, North Coast Trail, Cape Scott, Southern Chilcotins, Nootka Island Trail, Sunshine Coast Trail

Price equipment and clothing by visiting [www.mec.ca](http://www.mec.ca) in Canada or [www.rei.com](http://www.rei.com) in US

Principles:

1. Travelling as light as possible with necessities.
2. Having as many things as possible be dual use.
3. Sharing use as much as possible.

For active and fairly fit people, **typical final pack weights (with food and tent) are between 33 and 43 pounds**. You will be packing your backpack to bring *without* food, group gear, and tent. You will get 7 to 10 pounds (3.2 to 4.5 kg) from us, which includes your snacks, some group food, a piece of group gear, and tent. Your **target pre-trip** backpack weight without water: 22 to 27 pounds (10 to 12.25 kg), lower is better. These weight targets are typically the *lower* limit for younger people who are fit and weigh between 125 and 160 pounds (57 to 72 kg), or for middle aged people who weigh 105 to 200 pounds (48 to 91 kg), for this trail. *Note: Guides will NOT be carrying your gear- their packs are already about 50 pounds or more (22.5 kg).*

ITEMS	QTY	Details	<input checked="" type="checkbox"/>
<b>NECESSITIES</b>			
GAITERS	1 pair	<i>You need these for all coastal hiking trails</i> (maybe excepting the Sunshine Coast Trail for some sections). Gaiters keep mud, water and sand out of your boots. They should <i>cover your calves</i> . Velcro closures are best (zippers get gummed up)	
FULL RAIN GEAR (warm layer #2)	set	<u>Lightweight</u> , but good quality. This is for keeping you dry and for wind break.	
HIKING BOOTS	1 pair	These need to be high top and waterproof up to the top of the tongue. WE WALK THROUGH WATER! <b>They should also not be older than about 8 years old</b> . The glues used in modern boots have an effective life of between 5 and 10 years. Get them checked.	
SLEEPING BAG	1	0° should be fine, but if you are cold-natured, go lower. It should also be lightweight and synthetic. <i>Avoid down sleeping bags</i> unless you know how to keep down dry in a wet environment.	
SLEEPING PAD	1	Closed cell foam is adequate, Thermarest products or their competitors add comfort.	
HYDRATION SYSTEM	1/2	ONE 2 Litre (minimum) dromedary bag is best (they go <b>IN</b> the pack, not <b>ON</b> the pack), but 2, 1-litre Nalgene bottles work well enough (tendency to fall off). A dromedary bag is much more convenient for staying hydrated.	
BACKPACK	1	<b>You need AT LEAST a 60 Litre backpack</b> for these trips.	
	1	Backpack <b>rain cover</b> .	
HIKING POLES	1-2	These are recommended, but not absolutely necessary. A single pole is typically used for balance and probing, two poles are good for support with stepping up and down.	
Canadian Cash		Expect to spend up to \$100 at the Crab Shack. Meals are typically between \$35 and \$50, but there's the candy, drinks, etc....	
<b>CLOTHING-GENERAL</b>		This is what you should be bringing for clothing.	
Water shoes	pair	NO FLIPFLOPS. Sandals that wrap your ankles are good, as are Crocs that still have the heel strap.	

Toque/wool or fleece hat	1	Lightweight, but warm. This is for warmth.
Hiking Pants/shorts (trousers)	1	For hiking, you really only need one pair of pants. You can hike in them every day. Long pants are better than shorts. Pants with zip off legs are a good compromise.
Hiking shirts	1	For hiking, you really only need one shirt. You can hike in this every day.
Jacket/Fleece (warm layer #1)	1	Thinsulate or Thermaloft are excellent jackets, lighter and warmer than fleece, but fleece will do.
Socks	1-2 pair	Wool socks are still the best for hiking, but you might consider some of the new technical materials.
Underwear	1-2 pair	Ladies: more, Gents: less, typically. How many do you really need?
Swim wear		<i>Optional. Really?</i> You can swim in your underwear (which will also wash it!), or be a bit discreet and swim naked (nobody will really care in the wilderness).
<b>CLOTHING-SPARE, DRY</b>		Sacred dry clothes are packed in a dry place (Ziploc, garbage bag, dry bag), and only taken out and worn in the tent or when there is no rain/mist.
Pant/warm pants	1 pair	Sacred dry!!
Shirt	1	Sacred dry!!
Underwear	1 pair	Sacred dry!!
Socks	1 pair	Sacred dry!!
<b>FOOD GEAR</b>		
Lightweight bowl/plate	1	Plastic keeps food hot better than metal, and it is usually lighter.
Spoon/spork	1	
Insulated mug	1	Lightweight mug is helpful, not absolutely essential it be insulated.
<b>OTHER NECESSITIES</b>		
Toilet paper	1-2	Gents: usually less than one roll; Ladies: usually more than one roll (take 2) Women: consider a pee rag. <a href="https://thetrek.co/pee-rag/">https://thetrek.co/pee-rag/</a> You will still need toilet paper (for the other wiping duties). A pee rag helps minimize the awful TP flowers often left beside the trail.
Garbage/Ziplock bags	5+	5 large garbage bags for waterproofing purposes. Several large and small freezer ziplock bags are helpful for keeping smaller items in to keep them dry.
Headlamp/flashlight	1	BRING EXTRA BATTERIES!
Sunglasses	1	<i>Also Optional!</i> Do you REALLY need them? Best to have a neck cord for these.
<b>FIRST AID</b>		
Bandages/plasters	10	You know, Band-aids—a variety of sizes
Blister bandages/plasters	10+	We recommend Johnson & Johnson's Band-Aid Blister Relief [also referred to as Compeed]. Obtain different size cushions. We have found these to be the most effective in treating and preventing blisters.
Tensor bandage	1	Should be big enough to fully wrap a knee.
Sunscreen	1	(SPF as needed) SMALL TUBE!!-You could share this with others.
Duct Tape		DON'T bring a roll! Wrap some (2-3 mm layer) around your Nalgene bottle, or (6-7 mm layer) around your hiking pole.
Feminine pads/tampons	enough	Ladies, typically, but Gents can bring extra for a partner.

Medications	As needed	Ibuprofen, acetaminophen, etc., prescription meds. <b>If your meds are life-sustaining, please bring an <u>extra set</u> for the number of days of the trip +1 to give to the guide as a backup! Very important!</b>
<b>TOILETRIES</b>		
Toothbrush	1	You don't actually <u>need</u> toothpaste! (Mindblower! If your toothbrush has never seen toothpaste, it does not necessarily need to go into the food cache.)
Tooth paste	1	Small tube (but you really don't need it). <u>Really?</u>
Towel	1	Small towel. Specialized camp towel or "Sham wow" type towel.
Brush/comb	1	If NECESSARY!
<b>OPTIONAL ITEMS</b>		
		All optional items add weight!! Add with caution!
Brimmed hat	1	Full around brim or cap. This is more for sun.
Shaving gear	0	<u>Really?</u>
Camera	1	Camera? Phone? GoPro? This is a worthwhile thing to have for memories. Necessary? No, but it's one of those things that people really want to have. The trade off is all of those things in this list that ask " <u>Really?</u> " If you bring it, don't forget the extra batteries!
Binoculars	0	Are they really necessary? <u>Really?</u>
Soap/shampoo	½	A small amount, less than 3oz. Must be biodegradable. <u>Really?</u>
Pen/Paper	½	A small notebook, maybe. You can take notes on the map (West Coast Trail). A pen might be useful (ball point, not gel). <u>Really?</u>
Knife	0	What are you going to cut? Do you really need a knife? <u>Really?</u>
Gloves	0	You might bring some because your hands get exceptionally cold, or because you might want them for climbing ladders, but entirely not necessary. <u>Really?</u>
Book	0	<u>Really?</u> Read from the book of nature!
Bug spray	0	<u>Really?</u> There are some mosquitos in the forests, but not many. This is a questionable choice unless you react VERY strongly to a few mosquito bites.
<b><u>NOT NECESSARY AT ALL</u></b>		
		You really should not bring these items. They are not necessary.
Bear spray	xx	Guides have this.
Water purification	xx	Guides have this.
Hatchet	xx	Just not necessary and heavy.
Bum pad	xx	We supply them.
If you are travelling with a partner or group, you will want to talk together to share things, not each of you bringing the same things. E.g., sunscreen-one tube per group of three to four is usually enough.		

### **Essentials:**

1. **Greater than 60 litre backpack, with comfortable straps and waistbelt (you have to fit in food, tent and usually one piece of group gear)**
2. **Newer, good condition, waterproof boots**
3. **Rain gear**
4. **Up to \$100 in cash**