

## Coastal Bliss Adventures

### Clothing & Equipment Packing List

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

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

CLOTHING	PACKED	EQUIPMENT	PACKED
Runners/Sandals: For water crossing & camp		Sleeping Bag - 5°C Rating or lower recommended	
Brimmed Sun/Rain Hat		Sleeping Pad: Thermarest (Brand Name) or other airfilled is recommended.	
2 Pants & Shorts: Fast drying nylon recommended		Water Bottle/ 1 Liter: Widemouth Nalgene suggested	
Underware At least one polypropelene t-shirt		5 Plastic Garbage Bags Used for waterproofing.	
<b>2 Shirts</b>		Thermal Mug: Retains warmth longer than metallic.	
<b>Socks: 3 Pairs</b>		Plastic/Tupperware Bowl: Retains warmth longer than metallic.	
2 Insulated Warm Tops: Fleece, wool, or Primaloft [look into Primaloft product as it is affordable, compact, & light]		Gaiters: Lower leg and boot covering. Look into Velcro fasteners as opposed to zippered. Zippers can clog with mud.	
<b>Goretex Jacket</b>		Spoon should be enough	
<b>Rain Pants</b>		Glasses/Sunglasses with neckcord	
Wool/Fleece Hat		Flashlight/Extra Batteries	
Mitts/Gloves: Especially in late season		Rain Cover for Backpack: Ensure that it's big enough for <b>full</b> pack	
<b>Swim Suit</b>		Toilet Paper: Place in waterproof bag/container such as ziplock ba	
<b>Hiking Boots</b>		Walking Stick/Pole: Optional but highly recommended	

FIRST AID	PACKED	TOILETRIES	PACKED	OPTIONAL	PACKED
Personal Medication: Pack reserve dosage & give to guides.		<b>Brush / Comb</b>		<b>Paper / Pen</b>	
<b>Personal First Aid Kit</b>		<b>Towel /Wash Cloth</b>		<b>Books/Games /Journal</b>	
<b>Blister Kit</b> See note **		<b>Soap / Shampoo</b>		<b>Camera / Extra film / batteries</b>	
<b>Sunscreen +15</b>		<b>Toothpaste / Toothbrush</b>		<b>Binoculars</b>	
<b>Tensor Bandage</b>		<b>Shaving Gear</b>		<b>Knife</b>	
<b>Feminine Pads/ Tampons</b>		Strenuous physical activity can advance or delay normal menstrual cycles <b>Unscented &amp; biodegradable is best.</b>			
If you are hiking with a partner, see what items can be shared [ie: toothpaste], thus reducing the weight you will both have to carry.					

\*\* 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.