



Lost Coast Backpacking Checklist

For packing tips, get more information at: <https://tsxchallenge.com/backpacking-gear/>

<h2>pack</h2> <ul style="list-style-type: none"><input type="checkbox"/> external or internal frame pack with belt; 60 - 70L capacity recommended *<input type="checkbox"/> pack cover or large garbage bag, ≥ 33 gal <h2>shelter</h2> <ul style="list-style-type: none"><input type="checkbox"/> sleeping bag + stuff sack *<input type="checkbox"/> sleeping pad *<input type="checkbox"/> tent with rain fly * <h2>clothing</h2> <p>Top (4 layers min.)</p> <ul style="list-style-type: none"><input type="checkbox"/> base layer (long underwear/thermal top)<input type="checkbox"/> long sleeve shirt<input type="checkbox"/> short sleeve shirts (pack 1 wear 1)<input type="checkbox"/> warm jacket (fleece or puffy)<input type="checkbox"/> poncho or rain jacket <p>Bottom (2 layers min.)</p> <ul style="list-style-type: none"><input type="checkbox"/> base layer (long underwear/thermal)<input type="checkbox"/> hiking pants/leggings (not jeans)<input type="checkbox"/> underwear (pack 2, wear 1 suggested) <h2>accessories</h2> <ul style="list-style-type: none"><input type="checkbox"/> bandanna<input type="checkbox"/> sun cap or hat with brim<input type="checkbox"/> beanie/tuque/knit cap<input type="checkbox"/> gloves or mittens<input type="checkbox"/> headlamp (preferred) or small flashlight<input type="checkbox"/> hiking poles*<input type="checkbox"/> poncho or rain gear (jacket)<input type="checkbox"/> sunglasses (100% UV protection)<input type="checkbox"/> sunscreen (rated at least 30 SPF)<input type="checkbox"/> insect repellent<input type="checkbox"/> toothbrush, toothpaste<input type="checkbox"/> toilet paper and small hand sanitizer<input type="checkbox"/> water bottles (2) or bladder (all participants should have at least 3 quarts/liters capacity)<input type="checkbox"/> ziplock bag (for used TP)	<h2>footwear</h2> <ul style="list-style-type: none"><input type="checkbox"/> mid or lightweight socks (pack 1, wear 1)<input type="checkbox"/> hiking shoes (comfortable and broken in)<input type="checkbox"/> light weight camp shoes<input type="checkbox"/> moleskin (1 package, wrapper removed) <h2>kitchen</h2> <ul style="list-style-type: none"><input type="checkbox"/> plastic bowl (≥ 6 inches)<input type="checkbox"/> plastic cup (≥ 8 oz)<input type="checkbox"/> spoon or spork (soup size) <h2>optional</h2> <ul style="list-style-type: none"><input type="checkbox"/> hair brush<input type="checkbox"/> chapstick (recommended)<input type="checkbox"/> camera or smartphone (for pictures)<input type="checkbox"/> hiking shorts<input type="checkbox"/> money (for souvenirs or guide gratuity)<input type="checkbox"/> menstrual products<input type="checkbox"/> pajamas top/bottoms (sleep wear)<input type="checkbox"/> pen and paper<input type="checkbox"/> personal 1st aid items<input type="checkbox"/> pocket knife<input type="checkbox"/> reading material<input type="checkbox"/> sports bra<input type="checkbox"/> swimsuit <h2>group equipment</h2> <ul style="list-style-type: none">✓ cleaning pad and soap✓ cooking utensils✓ first aid kit✓ fuel bottles and fuel✓ large cooking pots✓ lighters and matches✓ small shovel✓ stoves✓ water carriers✓ water filters and purification tablets✓ bear cannisters for food storage
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*Pack, tent, sleeping bag/pad and poles provided at no additional charge on request.

✓ Provided by TSX.