

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 in Canada or 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 polypropylene t-shirt		5 Plastic Garbage Bags Used for waterproofing.	
2 Shirts		Thermal Mug: Retains warmth longer than metallic.	
Socks: 3 Pairs		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.	
Goretex Jacket		Spoon should be enough	
Rain Pants		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 full pack	
Swim Suit		Toilet Paper: Place in waterproof bag/container such as ziplock bag	
Hiking Boots		Walking Stick/Pole: Optional but highly recommended	

FIRST AID	PACKED	TOILETRIES	PACKED	OPTIONAL	PACKED
Personal Medication: Pack reserve dosage & give to guides.		Brush / Comb		Paper / Pen	
Personal First Aid Kit		Towel /Wash Cloth		Books/Games /Journal	
Blister Kit See note **		Soap / Shampoo		Camera / Extra film / batteries	
Sunscreen +15		Toothpaste / Toothbrush		Binoculars	
Tensor Bandage		Shaving Gear		Knife	
Feminine Pads/ Tampons		Strenuous physical activity can advance or delay normal menstrual cycles Unscented & biodegradable is best.			
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.