

Ms. Wang's West Coast Trail Packing List

Clothing	Equipment	Toiletries	Food (6 breakfast, 7 lunch, 6 dinner)	Misc.	
Hiking boots	Sleeping bag	Toothbrush and paste	Oatmeal x6	Headlamp	
Gaiters	Thermarest	Glasses and contacts	Muelsi mix	Camelbak	
Merino wool socks x 4	Camp Pillow	Brush with built in mirror	Instant coffee x7		
Camp shoes	Earplugs	Hair ties	Hemp hearts/chia seeds	Lighter with duct tape	
	Mug	Campsoap		Money (\$50)	
	Spork	Toilet paper in ziplock bag	Flat bagels / tortilla / crackers x6	Large ziplock (garbage)	
Sports bra x 2	Trekking poles		Tuna packs x6		
Quick dry t-shirt x2	Rope	Chapstick	Babybel cheese x6	Cell phone with battery	
Quick dry long sleeve x2	Food bag	Face wipes	Jerkey	Kindle	
Fleece jacket	Carabiners	Face cream		Sudoku/crosswords + pencil	
Rain jacket	Stove fuel & pot	Sunscreen	Cliff bars x7		
Sleeping shirt and leggings	Tent		Dates x14		
	Backpack (Gregory Amber 60)	First aid kit (medical tape, bandaids)	Trail mix (2 cups x7)		
Underwear x 7	Rain Cover	Polysporin	Dried mango		
Shorts	Microfibre towel		Lara chocolate balls x14		
Rain pants		Advil (4 per day)			
Camp pants			Knorr soup x6		
			Instant mashed potato x2		
Bathing suit			Freeze dry meals x3 (split with Julie)		
Sunhat					
Toque			Emergen-c x7		
Fitbit			Mio		
Sunglasses			Aquatabs		