



TRAIL MAVENS

BACKPACKING CHECKLIST

- 60L+ backpack

Shelter & Sleeping

- Tent w/ poles, stakes, fly, footprint
- Sleeping bag
- Sleeping pad

Navigation

- Map

Food & Cooking

- Food
- Stove w/ windscreen
- Fuel
- Fire starter (waterproof matches or lighter)
- Knife and cutting surface
- Bowl and cup
- Utensils
- Sponge and eco-friendly soap
- Pots w/ lids, pot gripper
- Condiments
- Folding bucket
- Bear canisters or bear-bagging rope

Toiletries & Health

- First Aid kit (especially moleskin/Band-Aids)
- Toilet paper and trowel
- Insect repellent
- Sun protection (sunscreen, lip balm w/ SPF, hat, sunglasses)
- Toiletries (toothbrush, floss)

- Rain cover for backpack

Hydration

- Water bottle or bladder
- Water treatment method (iodine tablets, filter, U/V device)

Other

- Headlamp w/ extra batteries
- Pen
- Swiss Army knife

Clothing (Warm Weather)

- Sturdy, broken-in hiking shoes
- Synthetic hiking socks
- Synthetic tee shirt
- Synthetic underwear/bra/socks
- Quick-drying pants/shorts
- Warm/comfy layers for nighttime
- Rain gear

Luxe

- Earplugs/eye shade
- Aeropress (or just bring instant coffee)
- Camera
- Camp chair
- Camp pillow
- Camp footwear
- Pack towel/quarters for shower
- Entertainment (playing cards, book)
- Booze

- _____
- _____

BACKPACKING MENU

Lunch, Day 1: PB&B Wraps

If you eat a huge brunch on your first day, you can carry less food in your pack. Choose something easy to digest and calorically dense, like peanut butter.

- tortillas
- peanut butter
- apples
- bananas

Dinner, Day 1: Couscous with veggies & nuts

Carrots, onions, and zucchini are all hardy vegetables that tolerate a wide temperature range and being stuffed into a backpack. Couscous is a backpacking staple because it requires minimal water and cook time (as opposed to spaghetti, which requires an abundance of water and at least 10 minutes of boiling time). For additional flavor, hard cheeses like parmesan keep well.

- couscous ($\frac{1}{2}$ C x person)
- roasted/salted cashews
- carrots
- zucchini
- onion
- olive oil (packaged in small bottle)
- condiments (small amount in Ziploc baggie or Tic Tac box)

Breakfast, Day 2: Oatmeal with fixings

Oatmeal is a backpacking staple: lightweight and filling, there's hardly a better bang for your nutrition-to-weight ratio. Plain oatmeal works, but we like to fancy it up with tasty ingredients. Brown sugar can do double duty as a tea/black coffee sweetener.

- oatmeal
- brown sugar
- chia seeds
- flax seeds
- dried blueberries
- milk powder (for protein/coffee)
- coffee
- tea

Lunch, Day 2: Hummus wraps and trail snacks

Rainbow Grocery carries a wide variety of backpacker-friendly products in its bulk food section, including dried powdered hummus! When you're shopping for food there, look for dried good that require only the addition of hot water or just a couple minutes on the stove (i.e. avoid dried soups that advise you to 'Simmer for 45 minutes over low heat').

- tortillas
- carrots
- hummus
- olive oil

Dinner, Day 2: South Asian Special: noodles & eggs

It's never a bad idea to carry a package of ramen noodles per person on a backpacking trip. If, God forbid, something happens and you have to spend an extra night on the trail, you want to have some food. Ramen is lightweight, high in calories, and doesn't require excessive boiling: just add noodles to your hot water and let them sit for a couple minutes.

Breakfast, Day 3: Oatmeal redux

Instant oatmeal is slightly less healthy than the 'real' stuff, but like ramen, you need only pour hot water over it to cook it. It's a great option towards the end of a trip when you may be low on fuel.

Lunch, Day 3: Pro Bars

Pro Bars are small, lightweight, and pack an impressive 400 calories a pop. A great option for lunch on the go.

SNACKS

Snacks are a matter of personal preference, but remember to choose calorie-dense foods (jerky, nuts, dried fruit) that your body is familiar with. We had trail mix, dried mangoes, chocolate, and Krave jerky.

SKYLINE TO THE SEA

Want to recreate our experience with a group of friends? Here's how:

STEP 1: Make a reservation. Unlike most California State Parks, Skyline to the Sea trail camp reservations are available only by calling (831) 338-8861 M-F between 9 AM and 5 PM up to two months in advance. For more information on backcountry camping and reservations, click [here](#). We camped at Waterman Gap and Jay Camp.

STEP 2: Wrangle a crew. Make sure there are at least two cars in the group (one to leave at the end, one to drive to the beginning). Conversely, if someone owes you a **big** favor, you could have them drop you at the beginning, or wait for you at Waddell Beach.

STEP 3: Hike your faces off! Look at this [trail camp mileage chart](#) and feel extra badass.