



OLLI Humboldt Coastal Hike Packing List

Below is a suggested list of items to pack for the Humboldt Coastal Hike. Please pack whatever items you need for your best hiking and camping experience. Please tag or label your belongings.

On the day of departure, participants should come dressed and prepared to hike and have gear organized in two groups:

- 1) what you intend to carry or bring with you on the first day's hike
- 2) what you would like to have transported to the campsite

Overnight Bag/Pack

SUGGESTED CLOTHING

- walking shoes in good condition and previously worn
- socks: clean, no holes, at least 1 pair per day
- layers for inclement weather
- shirts
- shorts
- pants
- warm jacket
- rain jacket/shell
- brimmed hat
- beanie
- sweat pants
- alternate pair of shoes for evening wear

Personal

- prescription medications
- hygiene items/soap/shampoo
- travel size toothpaste/tooth brush
- towel
- sun screen
- insect repellent
- band aides

Camping Gear

- tent with rain fly
- tarp for the ground under your tent
- sleeping bag
- sleeping pad
- pillow
- flashlight
- whistle

Day Pack

- snacks/lunch
- water bottle
- toilet paper

Food/Meals

- plate/bowl
- utensils
- food container/ziploc baggies
- cup (hot and cold)
- snacks for 3-4 days
- breakfast for 3 days
- lunch for 3 days

Misc./Optional

- sun glasses
- folding chair
- hiking/walking sticks
- camera
- binoculars
- phone
- musical instrument