

Hante John Muir Trail Equipment List

This list contains items that you will need for Hante JMT. We have spent a lot of time preparing this list. **It is important that you bring each of the items on the list** to insure that you are prepared for your trip. If you arrive in San Francisco without one of the essential items on the list, we will attempt to purchase it for you at your expense. This will be inconvenient for everyone, so please arrive with everything that you need. Please note that for some items of clothing we specify **non-cotton**; this is a mandatory requirement because synthetic materials will keep you warmer in wet conditions. If you have any questions about equipment or clothing needs please give us a call. (Items marked with “+” are optional).

Footwear

- Hiking boots:** Light to mid-weight varieties are best. The boots should cover your ankles. ***Be sure to break them in before departing on your trip.*** This will help you avoid getting irritating blisters. Vasque, Merrell, and Asolo make quality boots.
- Sneakers:** Great for traveling in, wearing around campsites, playing Ultimate, etc.
- 5 pair wool or synthetic hiking socks:** These help keep your feet warmer even when they're wet. SmartWool, Wigwam, and Fox River make comfortable socks.
- Lightweight river sandals:** Sandals with heel straps such as Chacos, Texas, Keen, etc. Please, no flip-flops or Crocs. Sandals must be able to get wet and stay securely on your feet.

Gear

- Backpack:** Internal or external frame of ***at least*** 5000 cubic inches. This pack should serve as your main luggage carrier for the trip. If you don't have a pack already, but would like to buy one, we would be happy to suggest places and brands of good, yet economical, packs. ***If you are concerned or have questions about your pack, please call or email us.*** You may use an Eagle's Nest pack. You will need to complete an equipment request form to obtain a pack from ENC.
- Small Duffel Bag:** This should serve as an additional space for your clothes and will be used for storing clothes that are not taken backpacking, etc.
- Sleeping bag with compression sack:** The bag should have a rating of 30 degrees or lower. Polyester fill bags are best. PolarGuard and Quallofil are good names to look for when purchasing a bag. Marmot, Kelty, Big Angus, REI, and North Face all make quality sleeping bags. Please refrain from purchasing a down bag, as they are problematic when they get wet. Cotton is not acceptable.
- Sleeping pad:** A closed cell or inflatable pad will give you some cushion under your sleeping bag and will also serve as insulation to help to keep you warm.

Clothing

- 2 long underwear tops and 2 long underwear bottoms:** Light to mid-weight polypro or capilene will help keep you warm even when wet. No cotton.
- Rain Gear:** Be warned; it ***will*** rain at some point during your trip. Bring a durable, breathable, waterproof raincoat and rain pants. These will help you stay dry and warm.
- 1 Swim suit (no string bikinis!)**
- 1 long sleeve non-cotton shirt**
- 3-4 short sleeve non-cotton T-shirts**
- 2 pairs of quick drying shorts**
- 2 pairs on quick drying pants (non-cotton)**
- 6 - 8 pair of underwear**
- 1 hat for sun protection**
- 1 wool or fleece hat**
- 1 warm fleece jacket**
- Decent, casual clothes for travel and a final dinner:** one or two outfits will be plenty

*** Please note that space for clothing and gear is very limited and everything needs to be easily transportable... Please limit what you bring to this list, unless you hear otherwise from us. Thanks!***

Personal Items

- Headlamp:** A hands-free light is useful, but any type of flashlight will do.
- Dark Sunglasses**
- Toiletries:** Toothbrush, toothpaste, soap, shampoo, etc.
- One bottle of sunscreen:** SPF 30+
- One bottle insect repellent**
- Pocket knife:** (remember not to store it in your carry-on luggage)
- Extra Stuff sack and several small ditty bags:** Great for organizing.
- 2-4 heavy duty garbage bags:** Great for waterproofing your gear.
- 10-15 large zip lock bags**
- 2 one-liter water bottles or a hydration system:** If you choose to purchase a hydration system like Camel Back or Platypus, please also bring at least one hard water bottle.
- Mug, bowl and spoon:** plastic or metal.
- Please bring any wrist, ankle or knee braces for any past injuries you have had.**
- Glasses, contacts, retainers, and medications you regularly take, etc.**
- Small quick drying pack towel**
- + 1 pair of gaiters**
- +Journal**
- +Crazy Creek or other camp chair:**

Miscellaneous Items (optional)

- +Digital Camera**
- +Reading materials**
- +Small set of art supplies**
- +Stationary and stamps**

+: Remember, items marked with “+” are optional

We hope that you have many of the items on hand or can borrow them from friends. If you plan on borrowing a backpack or sleeping pad from Eagle's Nest, please return the "Equipment Request Form" by May 1st. If you do need to purchase gear you can find many of the items on this list in surplus stores, thrift shops, local sporting good stores, outdoor stores and online. Below are a few reputable companies:

REI
www.rei.com

Diamond Brand Outdoors
www.diamondbrand.com

Campmor, Inc.
www.campmor.com