

# THE ULTIMATE WEST COAST TRAIL Backpacking Checklist

## SAFETY

- Mesh stuff sack for 10 essentials
- 10 ESSENTIALS**
- 1 NAVIGATION – Trail map and tide tables (issued at orientation) plus analog watch (for reading tables)
- 2 NUTRITION – Extra meal per person
- 3 HYDRATION – Emergency water filter (eg, Katadyn BeFree) & tablets
- 4 SUN PROTECTION – Sunscreen, buff & sunglasses
- 5 INSULATION – Warm layers (see Clothing)
- 6 ILLUMINATION – Headlamp
- 7 COMMUNICATION – Cell/sat phone (see Misc) and whistle
- 8 FIRST AID – Personal first aid kit (with added tick remover lasso, folding scissors, Naproxen & antihistamine)
- 9 FIRE STARTER – Knife with ferro rod
- 10 SHELTER – Emergency reflective bivy bag

## HIKING

- Backpack with rain cover
- Nalgene bottle or hydration bladder (2L)
- Hiking boots
- Trekking poles
- Gaiters

## SHELTER

- Tent with fly, footprint & stakes
- Sleeping pad
- Sleeping bag with waterproof stuff sack
- Inflatable camp pillow

## MISC

- Waterproof phone/doc bag
- Smartphone/sat phone
- ID and permits (park entry permit issued at check-in and hiking permit issued following orientation)
- House & car keys
- Cash (~\$100 per person)
- Repair patches & emergency mini roll duct tape

## CLOTHING

- Waterproof stuff sack for clothes
- Mesh stuff sack for rain gear
- Hiking socks (2 pairs), wool blend
- Dedicated camp socks
- Underwear (2 pairs), quick dry
- Sports bra, if required
- Long-sleeved thermal shirt
- Long-sleeved sun shirt
- Short-sleeved T-shirts or tanks (2), quick dry
- Hiking shorts
- Hiking pants (2 pairs), one to hike in and one for camp
- Long johns, for sleeping
- Fleece pullover
- Thermal jacket
- Rain jacket
- Buff or quick dry sun hat
- Toque
- Fingerless gloves (great for ladders)
- Lightweight shoes or sandals for river crossings or camp (eg, Natives)

## TOILETRIES

- Mesh stuff sack for toiletries
- Prescription medication
- Clothesline
- Toothbrush & toothpaste
- Body wipes (1 per person per day)
- Hair elastics (2)
- Lip balm
- Deodorant
- Bug spray
- Sunscreen, unscented
- Moisturizer, unscented

## TOILET

- Stuff sack for camp toilet items
- Toilet paper (1 camp roll per person)
- Hand sanitizer
- Feminine hygiene supplies, if required
- Ziplock bag to carry out non-bios

## CAMP KITCHEN

- Stuff sack for camp kitchen items
- Water filter
- Backcountry stove
- Fuel cannister
- Hard-anodized aluminum pot with lid
- Lighter
- Mug
- Bowl
- Spoon, long-handled
- Soap leaves
- Dish cloth, quick dry
- Hand sanitizer
- Large Ziplock to pack out garbage
- Dry sack for food (plus paracord & carabiner for hanging food on off chance lockers /hangers are full or unavailable)

## BREAKFAST

- Oatmeal packets (2 per person per day)
- Instant coffee (2 per person per day)

## LUNCH

- Energy bars (2 per person per day)
- Fruit leather (1 per person per day)
- Electrolyte tablets (1 per person per day)
- Energy chews (1 roll per person per trip)

## FOOD

## DINNER

- Dehydrated meals (1 per person per day)

## SNACKS

- Dehydrated cheese (1 package per person per trip)
- Tea / hot chocolate (1 per person per day)
- Hard candy (1 per person per day)