



Pack Lists

Day Hikes & Backpack Trips

Recommended Gear for Single-Day Trail Projects

Outings generally proceed rain or shine, so come prepared for any weather with layered clothing; be sure to dress appropriately for the season. Trails are mostly unpaved; you will be walking over varying conditions, perhaps sandy, wet or rocky. Below is a general list of recommended gear. You may elect to bring more or less depending upon the circumstances of the outing.

NOTE: *Mariposa Trails* will supply tools, hard-hats, gloves and safety glasses.

What to Wear

- sturdy hiking boots, mid weight, lug-soled, above the ankle, waterproof and ideally well broken in. Tennis shoes and open toed foot-ware are NOT acceptable.
- wear thin liner socks under your regular socks, as it reduces chances of blisters
- long pants and long-sleeved shirt
- hat
- sunglasses, sunscreen and lip balm
- safety eyewear

What to Bring

- daypack to carry extra layers, water, snacks, etc.
- food and water (bring a water-filter if you have one)
- whistle

- first-aid kit
- personal medications/prescriptions- **please inform the trip leader of any medications you take**
- bandana
- bug repellent, preferably a product containing at least 25% "DEET" (some people are sensitive to this product)
- Toiletry bag with hand sanitizer, toilet paper, and zip-lock bags to pack out toilet paper
- light fleece jacket and windbreaker
- depending on the weather, waterproof jacket and pants

Optional

- Cell-Phones: Note: Reception will most likely be absent or unreliable.
- Fishing Gear: Must be compact. License required for those older than 16 years old.
- Compass: Can be used in combination with maps to help teach orientation skills.
- Trekking Poles: Not recommended as you'll be carrying tools.
- Book, Journal/Pen, Camera, Cards or Small Games: Place in resealable plastic bag.
- Gaiters to keep rocks, brush and weeds out of shoes, and to keep shoes dry

Recommended Backpack Trip Gear List

Everything you pack should be evaluated for weight, utility, and necessity. Seeing as all items will be transported on your back, you must decide what to bring, how much you are willing to spend, and whether or not something is worth the weight. Don't overlook the obvious; you will: exert a lot of energy; be exposed to the elements; walk and hike; rest and sleep on the ground; will need to ration and prepare your meals, and obtain clean water. After you pack the essentials (food, appropriate clothing, foot-ware, sleeping systems, and a mess kit), then assess what extra weight you want to carry. Enjoyment of the trip isn't measured by what's in your pack, as much as it is the ease of carrying it. Don't forget, you'll be carrying a trail tool, hard-hat and gloves too! Finally, everything you bring should be something you do not mind getting dirty and/or wet.

Load System

Backpack: Bring a heavyweight trash bag for inside your pack to protect your gear from rain and snow. If your pack does not come with a rain protector, then use an extra trash bag as a cover for the whole backpack.

Lightweight Day Pack or Lumbar Pack: The worksite will likely be far from camp, and having these smaller packs are handy to carry needed supplies.

Clothing - Footware

Boots: Wear boots, and the heftiest that you are comfortable in. Why? Trail-work is rough on boots; your feet will be in the thick of branches, rocks, dirt, and hopefully NOT subject to a misguided swing of your trail tool.

Trail-socks: Figure one pair per day. They will get super dirty. AVOID cotton and use wool or synthetic. PLUS, bring a few thin sock liners, which when used beneath your regular socks, reduces the chances of getting blisters- the bane of backpackers.

Camp Shoes: Lightweight and comfortable, with a back strap (no flip flops).

Underwear: Synthetic.

Long Underwear: At least a top; bottom is optional -light to mid-weight, wool or synthetic. Keep a pair of clean warm socks for sleeping.

Pants: No cotton. 1 pair of lightweight pants. Due to the nature of trail-work, do not wear shorts.

Sports Bra: As needed.

Shirts: Synthetic or polypro. 2 short-sleeved and 1 long-sleeved.

Gloves/Mittens: Light to mid-weight gloves for cold mornings and nights.

Lightweight Jacket: 1 light fleece or light wool jacket for mornings and nights.

Waterproof Shell: Waterproof and lightweight top (with hood).

Beanie: Head warmth for mornings and nights.

Sleep System

Sleeping Bag: Rated for anticipated weather. Synthetic bags are more durable and economic, but down is much lighter. If you bring a down, put it in a water proof bag so that it does not get wet.

Sleeping Pad: Closed-cell foam or inflatable.

Tent: We recommend a 2 person tent that is designed for lightweight packing. These provide space for you and other gear.

Medium Stuff Sack: Used to place clothes in while hiking and as a pillow at night and/or a small packable pillow.

Food-System

Stove: Be sure to bring ample fuel. If you're not a picky eater, and/or it's a short trip, you may opt to forego a stove, fuel and associated pots.

Bear-proof Container: Recommend the "bag" variety, as it fits nicely into a backpack.

Water Filter: Recommend use of a micro-filter versus tablets or boiling.

1 Small Bowl: Durable plastic or lightweight metal.

1 Spork: Durable plastic or lightweight metal.

1 Mug: Durable plastic or lightweight metal.

Water Bottle/Bladder: 2 bottles, each 1 liter OR 1 bottle and 1 bladder

Essential Accessories

Sunglasses: Protects eyes from harmful UV rays.

Sunscreen and Lip Balm: Protects eyes from harmful UV rays.

Hat: 1 wide-brimmed hat for sun protection.

Personal Toiletries: Toothbrush/hairbrush, etc.

Restrooms: Toiletry bag with hand sanitizer, camp towel, toilet paper, and zip-lock bags to pack out toilet paper

Flashlight: Headlamp is preferable, small hand held is acceptable. Bring extra batteries

Whistle: Lightweight plastic whistle.

Compass and Topographic Maps:

Bandannas/Bufs: Used for sun protection, sweatbands, washing and emergency.

Mosquito Head Net: Small, can be pulled over a hat.

First Aid Kit: Gear it to suit an overnight backpacking trip AND for possible injuries sustained from trail tools.

Personal Medications: Must be clearly labeled and discussed with group leader upon arrival.

Maps/Personal Locator Beacon (PLB): Crew leaders will carry these items.

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