

JOHN MUIR TRAIL PACKING LIST

HIKE

- Backpack
- Backpack cover (if necessary)
- Trekking poles

SLEEP

- Tent + Footprint
- Sleeping bag
- Sleeping pad
- Pillow

KITCHEN

- Stove
- Pot
- Fuel
- Mug
- Spork
- Cozy (if repackaging food)
- Bear canister

WATER

- Water filter
- Dirty water bag
- Water bottles

ELECTRONICS

- Headlamp
- GPS device
- Portable charger + cords
- Charging block

MISCELLANEOUS

- Multi-tool
- Knife
- Carabiners
- Duct tape
- Water-proof matches
- Pee rag
- Trowel (+ toilet paper)
- Seat pad
- Sunglasses

CLOTHING

- Hiking shoes
- Camp sandals
- Down jacket
- Rain jacket
- Rain pants
- Top (sun hoodie or long sleeve)
- Bottoms (leggings, shorts)
- Sleep clothes (long sleeve and pants)
- Sports bra
- 2 pairs of socks
- 1 pair of sleep socks
- Underwear
- Beanie + gloves
- Sun hat
- Buff

TOILETRIES/FIRST AID

- Toothbrush, toothpaste, floss
- Wipes (body and/or face)
- Mini hairbrush + hair ties
- Sunscreen
- Bug spray
- Mini deodorant
- Chapstick (with SPF)
- Hand sanitizer
- First aid kit & medications
- Leukotape
- Nail clippers & tweezers

FOOD

- Meals + snacks
- Electrolytes
- Ziploc bag for trash

PERSONAL

- Permit, itinerary, ID, cash, card

**HAVE FUN, STAY SAFE, & FOLLOW THE
LEAVE NO TRACE GUIDELINES!**