

What to Bring Big Sur

Equipment

- **Sleeping Bag & Ground Pad** - The sleeping bag needs to be a mummy style bag, warmth rated to at least 20 F°.
- **Backpack**- A sturdy internal or external frame, 4000-6000 cubic inches. This can be rented. You'll not only be carrying your **personal** gear, but group gear as well.
- **Eating Utensils** - Bowl, mug, spoon, pocket knife. Remember to think light and durable. Some kind of lightweight plastic bowl works best (small Tupperware with lid is ideal), with an insulated plastic mug.
- **Day Pack** - It should be large enough to carry your food, clothing, and water on day hikes. Some rental backpacks have a detachable day pack or hip pack.
- **(2) One Quart Water Bottles** - Gatorade, [Nalgene](#), [Klean Kanteen](#), [hydrationsystem](#)

Clothing SYNTHETICS ARE BEST, STAY AWAY FROM COTTON IF POSSIBLE

Cotton is comfortable, however, when cotton gets wet it is slow to dry and does not insulate our body heat. For clothing, synthetic materials are highly recommended because they dry quickly and keep you warm even when you are wet. Also, make sure your clothes are comfortable as you will be moving around in them a lot while climbing and hiking.

Bring all the clothing listed below and MORE. If you are unsure about whether or not to bring something, bring it. We can always leave it in the van. Remember, the temperature can drop to down low at night, so be prepared!!

- **Inner Layer**
 - **Underwear** - As much as you think you will need. Cotton is suggested for women. (1 pair per day)
 - **Long Underwear** - You will need a pair of tops and bottoms made of a synthetic material such as polypropylene. If you don't have long underwear, a sweatshirt and a pair of sweat pants also works but is bulky.
 - **T-Shirts** - One for the trip and one clean one for the ride home
 - **Swimsuit**
 - **Liner Socks** - Optional, but highly recommended if you are prone to blisters. You can use thin polyester dress socks for this layer.
- **Insulating Layer**
 - **Socks** - Two pairs made of wool or a synthetic material. No cotton please. Thick inexpensive wool socks will do.
 - **Shorts** - For hiking/swimming.
 - **(2) Pull-Over/Jacket** - Bring two items. Wool or fleece is ideal. An old wool sweater works great, but two sweatshirts will work fine as one item.
 - **Gloves** - Something light weight and warm.
 - **Hat** - Something warm in wool or fleece. MANDATORY!



- **Protective Layer**
 - **Hiking Boots** - If you are buying a new pair, make sure that they are adequately worn in before the trip. You can purchase an inexpensive pair of boots at most sporting goods stores.
 - **Camp Shoes** – Sandals are ideal! An old pair of tennis shoes works fine. Flip-flops are ok but provide no support.
 - **Pants** –One pair, synthetic preferable. Zip-off legs that convert into shorts are a great option.
 - **Rain Jacket and Pants or a Poncho** – even if it doesn't rain, it's nice to have a wind breaker. **MANDATORY!**
 - **Sun Hat**- wide brim
 - **Bandanas** - These are optional, but serve many purposes. For example, they are great as hankies for blowing a runny nose, as washcloths, or for wetting down and putting on your head!

Personal Items

- **Flashlight/Headlight**- light and extra batteries.
- **Personal Medication** - Please notify the guides about all prescription medication, or any possible medical concerns. Zip-lock baggies are great for waterproofing.
- **Personal Toiletries** (No smelly deodorants, perfumes, etc. Bears Love that stuff)
- **Camera** - If your camera is not waterproof, take extra precaution to keep it stored in a waterproof system (such as multiple zip-lock baggies).
- **Blister Kit** - If you are prone to blisters please bring mole-skin (not mole foam). Can be purchased at any grocery store.
- **Sunscreen** - **MANDATORY!**
- **Sunglasses** - **MANDATORY!**
- **Lip Balm w/ Minimum SPF 15**- **MANDATORY!**
- **2) Large Zip-Lock Bags** – For waterproofing. Feel free to bring extra because they are light and multi-purpose.
- **Journal, Book, and Pen** – Optional.
- **Money** - You will need \$\$\$ for road stops.

