

## **EL CAMINO CHECKLIST**

- Hiking Poles
- Waterproof Jacket/Poncho
- Waterproof Pants
- Waterproof Pack Cover
- Waterproof Hiking Shoes/Boots \*\*
- Headlamp
- Sunglasses
- Long Sleeve warmth layer (fleece, etc)
- Long Sleeve wicking shirt
- Short Sleeve wicking shirt \*\*
- Convertible hiking pants \*\*
- Liner Gloves \*\*
- Socks Merino Wool (Smartwool)\*\*
- Money Belt
- Camera w/extra Batteries (AA best)
- Sun Hat or Buff \*\*
- Binoculars
- Water/Gatorade (2 bottles)
- Snacks (Cliff Bars/Power Bars, 8)
- Toilet Paper (flattened in baggie)
- Baggies
- Journal/Pen
- All Medication (altitude, advil, immodium, etc)
- Insect Repellent, Sunscreen
- Moleskin/Blister Kit
- Afterbite
- Travel Wipes, Purell
- Daypack good back support & airflow important
- Pack Liner (Duffel is not waterproof)
- Short Sleeve Top
- Long Sleeve Top (fleece/warm insulating)
- Quick Dry Pants
- Warm Jacket - Down/Primaloft
- Toque
- Sleeping Bag - Down/Synthetic -9 (small/light)
- Compression Stuff Sack
- Socks 2/3 pairs - wool/synthetic
- Liner Socks (2)
- Sandals
- Baselayer top/bottom
- Fleece Pant
- Underwear(3)
- Sport Bra
- Rehydration Salts/Crystals
- Shampoo/Conditioner
- Toiletries(Toothpaste, Facewash, etc)
- Ear Plugs Quick Dry Towel