

## **YOU SHOULD BRING:**

- Warm Jacket
- Warm Pants
- Sweater/Jacket
- Hiking Boots/Sturdy Walking Shoes
- Warm Hat/Mittens
- Sunglasses
- music/instrument/fun facts/etc
- Long-sleeved Shirt
- Long Pants
- Raingear (tops/bottoms)
- Camera (optional)
  - Socks (wool/synthetic)/Underwear
- Sun Hat
- Sunscreen/Lip balm (SPF 15 or higher)
- Refillable Water bottles (1 quart per person minimally)
- Daily medications/toiletries
- Money (maybe for snacks or souvenirs??)
- Snacks (personal for in between meals)
- Headlamp or Flashlight and Extra Batteries
- Bandana (potholder, nose rag, cleaning cloth, etc)
- Book/Journal/Cards
- Day Pack/Small back pack for day hike
- Long underwear tops/bottoms
  - bathing suit/rash guard for paddling day

### **Additional camping gear suggestions:**

The coast of southern California is quite mild but various conditions can always present themselves. For outdoor travel we recommend using a layering system of clothing so you can add layers to protect against the sun or add warmth as needed and reduce layers in order to not overheat and be comfortable during warmer times.

Overnight lows are usually a little chilly so having a warm hat to conserve body heat is really important. Likewise, having warm, dry socks is essential for a good time and no issues when camping. Dry clean socks will help prevent blisters when hiking. Socks made of a natural or synthetic material like wool, rayon or polypropylene will dry quickly if they get wet and conserve at least some heat in the foot if they do get wet. Cotton socks have a tendency to clump and cause hot spots which lead to blisters and wet or even sweaty cotton socks will actually make your foot and your entire body colder. I always pack a few extra pairs of socks because they are small and helpful. In addition if we do get rain and the ground is wet my feet will be the things getting wet fastest.

Raingear in southern California may not be necessary if you don't already own it. Consider using a simple camping solution like packing a large plastic bag that can easily be made into a poncho if needed.