

# John Muir Trail 2016

Equipment      Rev Sept 6, 2015

## Individual Food

1. Bear-Resistant Food Canister (buy or rent \$2.50 per day for the trip)
2. Cup (metal sierra cup), spoon (metal), dunk bag (mesh wash bag)
3. Water bottles (4 quarts total), two Nalgens and a Camelback or Platypus  
(to drink from while hiking)
4. Food carry for 6.5 days, ship by UPS 3.2 days (about a pound per day)
5. One gallon Zip lock plastic bags (11 pieces) for garbage each day

## Individual Sleeping

1. Tent with stakes (backpacking)
2. Sleeping bag (25°F)-put mummy bag in plastic trash compactor garbage bag,  
then in stuff sack to keep dry
3. Sleeping bag liner (to keep sleeping bag clean), Pillow case (optional)
4. Sleeping pad (closed cell foam)
5. Therm-a-Rest pad (optional), Therm-a-Rest repair kit (optional)

## Individual Clothes

1. Stuff bag for clothes, stuff bag for dirty clothes
2. Two Troop tee-shirts (no other shirts allowed, we want to look like a crew)
3. Socks four pairs
4. Underwear four pairs
5. Handkerchief (bandanna)
6. Rain suit (top and bottoms)
7. Sun hat (day time), ski hat (night time),
8. Jacket (polar fleece)
9. Quick dry long pants, hiking shorts
10. Hiking boots
11. Crocs or water shoes for stream crossing and use as camp shoes  
(must be closed toe)

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## Individual Personal

1. Backpack, with straps or rope to tie equipment to backpack
2. Hiking Stick (optional) (great for going uphill and downhill for adults)
3. Small personal first aid kit for blisters and pain
4. Small LED headlamp, small pocketknife
5. Mosquito repellent
6. Sunscreen (odorless)
7. Toothbrush, small toothpaste (optional)
8. Poop Kit (plastic shovel, toilet paper, baby wipes, small garbage bags with twist ties)
9. Water purification tablets 30 (MicroPur)
10. Rope 25 feet 1/8 dia. (for repair and clothes line)
11. Camera (optional), compass (optional), whistle, comb (optional), pen and paper (optional), backpacking chair (optional)
12. Pack cover (optional)

## Shared Crew Equipment

1. 3 backpacking stoves (auto light) (Jack Kelly)
2. 5 (8oz) bottles fuel for stoves, lighters (Jack Kelly)
3. Crew first aid kit (Jack Kelly)
4. Duct Tape small roll (Jack Kelly)
5. Sewing kit with heavy thread and needle (clothes and tent repair kit) (Jack Kelly)
6. Maps, compass, GPS (Jack Kelly)
7. Nylon dining fly 12 x 12, with stakes (Jack Kelly)
8. Pair hot-pot tongs (Jack Kelly)
9. CampSuds for washing clothes (Jack Kelly)
10. 3 Pots to boil water (Jack Kelly)

Each crew member will carry about 1 pound of shared crew equipment.

We will wear Class A uniform while traveling.

Class A uniform: Scout shirt, scout pants, scout belt, neckerchief.

Wear a pair of underwear and socks for the first travel day and another two pairs for the off the trail day and return travel day. Store this and a towel in a sport bag. We will leave this in the cars at the trailhead. We can not have any smellables in the cars.