

Equipment Checklist Olympic National Park Coastline

Gear Provided by Just Roughin' It Adventure Company

X 3 Person Tent (double occupancy)	X Sleeping Bag (15 degree F), sleeping pad and liner sheet	X Emergency poncho
X 2 Liter Bladder (H2O Reservoir)	X Backpack (Rucksack)	X Mess Kit (eating utensils)
X Trekking Poles	X Headlamp	X Day Pack – when applicable
X Cooking Equipment	X Meals and Snacks	X Group First Aid Kit

Recommended Gear Not Provided

*Denotes the things you will not want to leave home without!

() Anti-bacterial gel *	() Sun Block – SPF 15 or higher *	() Pack pillow
() Bandanas - 2 to 3 *	() Sunglasses *	() Pack towel
() Camera, case, xtra batteries *	() Tissues, small roll TP *	() Stuff sack, straps
() Hat or visor, knit cap for sleeping*	() Comb, brush	() Toothbrush, toothpaste (trial size)
() I.D., money, medic alert *	() Feminine Hygiene products	() Xtra water bottle
() Lip Balm with SPF *	() Moist Towelettes, bio-degradable soap.	() Ziploc bags (for storage and trash)

() Personal First Aid Kit – should include NSAIDs, ibuprofen, personal medications including prescription, Mole skin or Glide, bug spray and Band-Aids *

Clothing Essentials Not Provided

() Sturdy, broken in hiking shoes, light to mid weight, aggressive tread. Trail runners are ok. Since your feet may get wet, closed toe water hiking shoes such as Keen or Teva are also acceptable.
() Camp shoes such as Crocs, or anything comfortable, dry and warm.
() Hiking socks. Recommend Smart Wool, Fox River, Patagonia or Thorlos.
() Short and long sleeved shirts that are lightweight – recommend wicking materials.
() Hiking or work out pants – lightweight, comfortable and that dries quickly to avoid chaffing – no denim!
() Lightweight fleece and outer shell for layering.
() Sleepwear– don't forget a knit cap and socks for sleeping!
() Rain Gear.

- Check local weather forecasts before your trip (see the resource section of our website) to help you determine what to wear.
- Please remember to always pack essential items such as your passport, money, eyewear, a change of clothing (including your hiking boots) and medications in your carry-on baggage, in case your luggage is delayed.
- Even though the overall elevation changes are minimal, temperatures along the coastline can vary, layering is essential. Always test your layers before a trip. Your outer layer should fit easily over the inside ones without binding and bunching up.
- Make sure your boots are broken in. Bring Moleskin for foot treatment. Thin liner socks worn under regular hiking socks may minimize the risk of blisters. The liner sock should be synthetic, not cotton. Test your sock combination before you go on the trip. Also try GLIDE. You can get GLIDE at most running or sporting good stores. It is used to minimize chafing – great for feet, thighs, arms, etc.
- Stuff sacks are great for sorting and compressing gear, but not essential. Use different sizes/colors to differentiate contents.
- Snacks: Plenty of food and snacks will be available at all times during the trip. If you have any personal favorites; bring them.
- Biodegradable soap cannot be used in the rivers or creeks at Olympic National Park, but can be used in wash basins, sinks or away from water sources.
- Bandanas keep gear light and are multi-use: washcloth, towel, napkin, tissue, sun protection, headband, accessorizing, etc.

**This checklist is generalized based on season and does not take into account drastic changes in temperature (hot or cold). Shoulder seasons (late May to late September) present varying degrees of weather – late and early season cold or warm fronts. JRI recommends you overpack for the trip so you are prepared for any last minute change in weather. Any items you do not ultimately need for the trip can be left behind in your vehicle.