## Point Reyes Backpacking

## Itinerary and Gear list

**Itinerary:**

Day 1:

0900 Meet in the *Castle Rock State Park Parking lot*

0900 – 1100 Take care of paperwork, give gear, pack bags, talk about gear

1100 – 1200 Hike the first portion of the trail

1200 – 1230 Break for lunch

1230 – 1500 Hike the latter portion of the trail

1500 – 1600 Unload/setup camp

1730 – 1800 Dinner

Day 2:

0800 – 0830 Breakfast

0830 – 1000 Break down camp and pack bags

1000 – 1130 Start hiking

1130 – 1200 break for snack

1200 – 1330 Hike the rest of the trail

1330 – 1400 Arrive at parking lot and de-gear

**Gear list**

Please follow this list as closely as possible. Do not bring more of extra items than are on the list, there will be no room for them.

* Clothing (synthetic preferred, the less cotton the better)
  + Base layer top X2 (long sleeve and short sleeve)
  + Base layer bottom X1 (long johns)
  + Hiking pants X1 (synthetic, zip-off optional)
  + Shorts (optional)
  + Underwear X2
  + Insulating layer X1 (e.g.: fleece sweater, down sweater)
  + Insulating Jacket X1 (e.g.: down jacket, warm coat)
  + Wind/rain shell X1 (e.g.: light GORETEX jacket)
  + Beanie X1
  + Synthetic socks X2
  + Sunhat X1
* Personal Items
  + Minimal Toiletries (Only essentials please!! If you are in a group, please share toothpaste)
  + Sunscreen (1-2 oz. tube, if you are in a group, please share)
  + Pocket knife or Leatherman tool (optional)
  + Headlamp
  + Bandanna
  + Sunglasses
  + Games/books etc.
* Food Items
  + Lunches X2 (e.g.: sandwiches, crackers, cheese, salami, tuna, sardines)
  + Snacks (trail mix, energy bars, jerky, candy)