

## Big Sur to Tassajara Pilgrimage Packing List

Item	Description & Details	Product Suggestion
<b>REQUIRED</b>		
<b>Backpacking Backpack</b>	The size & carrying capacity of your bag will depend on how light and compact your gear. We will be dividing up the food and fuel equally amongst us all, so you'll need to save room for that. We do not recommend attaching sleeping pad or bag to the outside of your bag in case you brush against poison oak. In order to fit them inside your bag, we recommend a 60-70 liter pack (65 being the sweet spot). IF you have ultralight gear, plan to pack extremely minimally, and are not bringing a tent, you could go as low as 50 liters.	Many REI stores rent backpacks if you don't want to buy.
<b>Sleeping Bag</b>	15-40 degree Fahrenheit bag – depending on how cold of a sleeper you are.	<a href="#">Sierra Designs</a>
<b>Compression Sack</b>	To make your sleeping bag as compact as possible. Make sure it fits your size of sleeping bag.	
<b>Lightweight Sleeping Pad</b>	Folding or inflatable. Best if it can fit inside your backpack to prevent tears and poison oak exposure on the trail. Stay warm and comfy, but keep it light, recommended 12oz. - 1lbs.	<a href="#">Thermarest</a>
<b>Hiking Boots</b>	Due to the steep and uneven terrain, we require you to wear hiking boots with ankle support. The risk of injury in the Big Sur backcountry is too great with trail running shoes or sneakers. Boots must be broken in well in advance; new boots will make your trek truly hellish.	Good to get professional advice for your feet/body. REI phone Customer Service is great and they have best online selection (stores don't focus as much on backpacking/trekking boots).
<b>Hiking Socks</b>	2 pairs	wool or synthetic
<b>Trekking Poles</b>	Due to the steep and uneven terrain we require you to bring trekking poles. Trust us, they are necessary.	
<b>Hiking Pants</b>	We will encounter Poison Oak and ticks on a regular basis. Additionally we will need to push through a fair amount of brush. No shorts allowed while hiking! We recommend a light colored (so you can see ticks) and lightweight hiking pant. No jeans please.	
<b>Long Sleeved Shirt</b>	We will encounter Poison Oak and ticks on a regular basis. We will need to push through a fair amount of brush. Long sleeves also provide additional sun protection. Wicking hiking shirts designed to keep you cool & dry are ideal, but a light cotton long sleeve or button down will also suffice. We don't recommend bringing more than 2 hiking shirts; Noël and Fletcher will wear the same shirt for 4 days.	
<b>Hat</b>	Baseball or brimmed, but must fit comfortably with pack on.	
<b>Sunglasses</b>	To protect the eyes from the sun and brush.	
<b>Underwear</b>	Personal preference on how many pairs. For women, only 1 sports bra recommended.	<a href="#">Hiking underwear is nice if you sweat a lot!</a>
<b>Warm Camp Clothes</b>	Nighttime temperatures will be low 50's-40's Fahrenheit. We advise you to bring a lightweight jacket (rain jacket ideally), lightweight fleece/sweatshirt, t-base-layer long sleeve, and cap.	
<b>Light Metal Bowl</b>	For meals and tea.	<a href="#">Nesting Bowl</a>
<b>Spork / Camping Utensil</b>	Keep it light and simple! Spork is best.	<a href="#">REI</a>
<b>Headlamp</b>	With new batteries	
<b>Water Storage</b>	Must be able to store at least 2 liters/64 fl. oz. If you are bringing a water bladder/reservoir that fits in your backpack (ideal), please bring a 1 liter/32 fl. oz. wide-mouthed bottle (e.g. Nalgene) as well – this is necessary for purification. If shopping for a water reservoir, keep in mind some (such as the Osprey brand) are designed to fit with their own brand's backpacks.	<a href="#">Hydration Reservoirs</a>
<b>Personal Medications</b>	Anything you take regularly or expect you could need. We will have basic over-the-counter NSAIDs (ibuprofen, acetaminophen and anti-histamines in our first aid kit, but bring your own if you expect to need a lot.	

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Tarp	If you are not bringing a tent, you need a tarp. For \$30, Wildtender can provide you with an ultralight tarp for sleeping under the stars. For \$60 we can supply you with an ultralight tarp and all the accompanying articles – ultralight stakes, paracord, etc. – and instruction for making an emergency tarp shelter in inclement weather.	<a href="mailto:info@wildtender.com">info@wildtender.com</a>
Lunches & Snacks	You will need to provide your own lunch and daytime snacks for 4 days. Lunches should be quick to make, require NO COOKING, and be high in protein, fat, and carbohydrates – nuts, trailmix, energy bars, jerky, salted meats, hard cheeses, etc. Fletcher and Noel's daily preferred lunch is a sandwich composed of a dense bread (something that won't go stale or crumble when squished in your pack--pita, bagels, etc.), sliced cured meat, harder non-crumby cheese (like cheddar or gruyere) and individual packets of mayo/mustard. Meat and cheese best wrapped in tin foil and kept inside a ziploc bag. We usually eat 1-2 trail bars each ourselves per day. Remember we will likely be burning at least 3,000 calories a day. Try to portion out exactly how much you will actually consume. We can help downsize your food the first night we meet, so better to initially bring more than less.	
Sunscreen	Please don't bring a big bottle. Either buy a small travel size or redistribute into a smaller container.	
Toothbrush & Paste/Powder	Tooth-powder is lightweight and works great in the backcountry. If you are bringing toothpaste grab that tube that is almost used up or get a travel size.	tooth powder available at natural groceries or Whole Foods
Trip Itinerary Communicated with 2 friends/ loved ones	We will provide a more specific itinerary/ timeframe closer to date for you to share.	
RECOMMENDED		
Lightweight Sandals	Camp shoes so your feet can rest after a long day of hiking. Something you can slip into while still wearing socks. Will also be useful at Tassajara.	<a href="#">Rubber Birkenstocks</a>
Small Journal & Pen	Don't bring something heavy!	
Camp Pants & Shirt	The best defense against Poison Oak is changing your clothes, and then washing your hands, when you are done hiking for the day.	
Bandanna/Handkerchief	Useful for protecting the neck from the sun. And effective way to cool down – by wetting in creek and then placing on head or neck.	
Chapstick (UV blocking)		
Menstrual or urinary products	Women, please bring if you could possibly get your period in the duration of our trip. Wildtender will only carry a small emergency supply. We will need to pack out all menstrual products, so minimal packaging recommended.	
Earplugs	We will be camping in hearing proximity from each other, so we recommend earplugs if you are a light sleeper.	
OPTIONAL		
Metal Mug	For coffee/tea/cocoa. We personally use our metal bowls for hot beverages.	<a href="#">REI Mug Options</a>
Tent	Rain is very unlikely. There could be insects in the early morning. In an attempt to keep your pack weight down, we strongly encourage tarps over tents. But if you would feel more comfortable in a tent, you are welcome to bring it. Just remember lighter is better, and if you are able to share with another participant, that often cuts down on weight.	
Long Underwear or lightweight yoga pants	For camp and sleeping	
Camp Socks / Sleeping Socks	We recommend 1 pair max!	
Rain Jacket	Rain is very unlikely but it's always good to have a rain jacket just in case, and it makes a good warm layer.	
Gloves/Mittens	fleece is light and works well.	

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Quick-dry hiking towel or wash cloth	Small as possible.	
Bathing suit	For the wilderness creeks and the bathhouse at Tassajara (both are clothing optional, just depending on your preference)	
Clothes for Tassajara	Keep it light. Maybe just an extra shirt? Wear your camp or yoga pants? Use those lightweight sandals?	
Personal Toiletries	Keep it to the bare minimum and travel size! REI sells great tiny plastic containers. If you want to bring soap, please make sure it is organic, unscented and biodegradable. Tassajara has soap, shampoo/conditioner, and lotion in their bathhouse so you don't need to worry about toiletries there.	Dr. Bronners Baby Mild Soap
Hiking Knife	Wildtender guides will have knives if you don't want to bring your own.	
Smartphone/camera	We will not have any cell service for the duration of the trip, including at Tassajara, so devices only needed if you want to take pictures or for any other reason. We'll ask you to limit your device use on the trip so we can stay present together on the trail.	
Camp pillow or stuffable pillow case	We recommend just folding up your down jacket or sweater for a pillow. We have personally found inflatable pillows to be annoying and easily deflating. Fletcher loves his hyper-light stuffable pillow/ stuff sack, but it's expensive--only worth buying if you're a regular backpacker.	<a href="#">Hyper-Light Pillow Sack</a>
Eye Shade for Sleeping	If you are sensitive to moon or morning light	<a href="#">Bucky Ultralight Sleep Mask</a>
Energy gels or drink mixes	If you expect needing extra boosts during the day. REI has good selection.	
WILDTENDER WILL PROVIDE		
Breakfasts & Dinners	Usually gluten-free hot cereals and fruit in the morning. High-protein vegetarian, gluten-free dinners with pescatarian options.	
Coffee & Tea	We will have Starbucks instant coffee. If you are more of a coffee connoisseur, feel free to bring your own--keeping in mind we'll be packing out whatever we bring in, including coffee grounds. We will have black, green, and herbal teas for you to choose from, but feel free to bring your own. Just only bring as many packets as you will actually use.	
Stoves, Fuel & Cooking Supplies		
Water Treatment system	We will have 3 UV filtration Steri-pens and a backup filtration pump to share.	
Hiking Knives	We will have hiking knives in the guide packs if you don't want to bring your own.	
Hanging bags & cord	For hanging our food and toiletries at night away from critters	
First Aid & Emergency Supplies	Comprehensive first aid supplies including NSAIDs, anti-histamines, moleskine/blister supports, bandages, band-aids, etc.	
Tecnu Poison Oak Wash	We will have both Tecnu soap and Tecnu wipes should you come into contact with Poison Oak.	
Insect Repellant	We bring Herbal Armor brand and will have enough for the group	
Mesh Headnet	For anyone who wants protection against insects day or night.	
Fire starter kit		
Bathroom Kit	Toilet paper, sanitation trowels, hand sanitizer, small amount of emergency menstrual supplies	
Repair supplies (Needle & thread; Duct tape; Patch kit for inflatable sleeping pads)		
Emergency Whistles	We will hand out before the trip	
Emergency Satellite GPS Communication Device		

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2-way radios	All guides/assistants will carry radios.	
Compasses	We will have 2 compasses on guide packs	
Maps	We will have 2 maps of Big Sur backcountry in the guides' packs, and we will print copies of our terrain/route for each participant.	
Fire Permit		
WHAT NOT TO BRING		
Alcohol & Smoking Supplies	Keeping our interactions sober and aware, and preventing fire danger.	
Tech Gadgets	Including headphones and speakers. We will be listening to the music of the Big Sur wild!	
Phone charger	With your phone in airplane mode, your device should hold its charge.	
Extra Batteries	Make sure your headlamp has fresh batteries, no need to pack extras.	
Multi-tools	Not necessary	
Books	Books are so heavy! A light magazine, printed essay/story, or even a chapter cut sacrilegiously out of a book are better options. Tassajara has a wonderful bookstore if you want to read when you get there.	