

The following checklists are taken from the book

[Plan & Go: The John Muir Trail](#)

All you need to know to complete one of the world's greatest trails

by Gerret Kalkoffen

www.planandgohiking.com

Checklists

These checklists are meant to assist you in your preparations. Depending on the month you are hiking and your personal preferences, you can add or remove certain items from the lists. For those who are unsure about what to pack: if you stick to the lists, you will be in good shape.

Clothing [() indicates optional items]

	hiking socks (2 pairs)
	underwear (2)
	shorts
	long pants (hiking or jogging)
	long sleeved t-shirt (high zip collar)
	short sleeved t-shirt
	fleece jacket or sweater
	warm (!) light jacket

	light rain jacket
	hat or visor
	beanie / warm cap
()	long underwear
()	gloves
	trail hiking shoes
()	flip-flops

Gear () indicates optional items

	backpack
	tent/bivy/tarp
	sleeping bag
	sleeping pad
	stove
	fuel
	spark striker / lighter
	pot
	long spoon / utensils
	bear canister
	food
	water treatment
	hydration pack or bottles
	mug (with lid)
	pocket knife
	first aid kit (Chapter 6f)
	silver survival blanket
	sunscreen (SPF 30 & up)
	lip balm (with SPF)
	tooth brush and paste
	soap (biodegradable)
	camera

	extra batteries & memory card
	photo ID to pick up permit
	print-outs for all travel arrangement
	map or map app
	money
	shovel
	sunglasses
	toilet paper
	towel
	head lamp &/ solar lamp
	watch (rugged)
()	rope
()	trekking poles
()	sleeping gear (ear plugs, inflatable pillow, etc.)
()	spare water container (collapsible)
()	medication
()	deodorant
()	insect repellent
()	moisturizer
()	compass
()	fishing gear
()	GPS watch
()	solar charger

Personal Items (optional)

	e.g. a book, notepad, pen, radio, ...

Food List per Day per Person (3 alternatives per meal)

Breakfast	
	2 slices of bread and peanut butter
	2 cups muesli/granola + ½ cup dried milk
	freeze dried scrambled eggs

Lunch	
	canned, dried, smoked meat + crackers
	fish in a pouch with 2 slices of bread
	dried hummus with 2 tortillas

Snacks	
	nuts and seeds
	dried fruit
	protein / granola bars

Dinner	
	freeze dried instant meal
	1½ cups quinoa, dried veggies + broth
	2 cups pasta, dried tomatoes + herbs

Other Food Items / Condiments

	sugar
	coffee (and creamer)
	tee (no caffeine for evenings)
	olive oil

	salt / soy sauce
	spices & herbs; hot sauce; etc.
	vitamins
	minerals

Resupply

	food (see page 115)
	sunscreen (2oz/60g /week, min SPF 30)
	toilet paper (2 rolls)
	condiments and other food items

()	fresh fruit (e.g. apples and oranges)
()	fresh veggies (e.g. carrots)
()	celebratory meal (in pouch)
()	celebratory wine (in carton)

If you are sending your resupply with one of the major postal services, you will most probably not be allowed to send fuel. If in doubt, check their respective website.