

RECOMMENDED PACKING LIST

VERY IMPORTANT: Bring any medications you may need. If anyone in your group is allergic to bees, BRING at least TWO EPI PENS and EXTRA Benadryl for each person with bee allergies.

- **Printed list of all medical conditions, medications and allergies, in your wallet that can be given to emergency personnel should it be necessary.**
- Sunscreen 35+
- Bath Towel
- Hiking Boots or Trail Running Shoes
- Socks 4 pair
- Tee Shirts 3-4 (you are going to get dirty)
- Hiking Type Shorts
- Swim Trunks (after a day on the trail you'll want to wash the dust off and cool down)
- One Sweatshirt and one pair of pants for evening time - check weather in Tahoma before final packing
- Light weight rain parka (just in case)
- Warmer coat depending on weather. Weather can be unpredictable at mountain elevations. Be sure to check forecasted temperatures and plan accordingly. Always expect chilly evenings.
- Pocket Knife/leatherman tool
- PLEASE LIMIT TOILETRIES AS MOST SOAPS ARE NOT RECOMMENDED FOR USE IN THE WILDERNESS. BIODEGRADABLE SOAP WILL BE PROVIDED.

All camping gear will be provided as discussed/needed (tents, sleeping bags, cots, lanterns, chairs). **Please let us know what equipment you may need us to bring for you.**

RECOMMENDED ACCOMODATIONS:

BEST WESTERN STAGECOACH INN

5940 Pony Express Trail
Pollock Pines, CA 95726

Talk to the manager (Gilbert) to make arrangements for leaving a vehicle (530) 644-2029

https://www.bestwestern.com/en_US/book/hotels-in-pollock-pines/best-western-stagecoach-inn/propertyCode.05634.html

The hotel is about a mile away from our meeting spot at Safeway in Pollock Pines. Once we meet up, we can drop the vehicle back at the hotel