

1 pair of quality hiking shoes – COMFORT AND FIT – This is the most important consideration when choosing hiking footwear. Different people need different things in shoes (wide vs. narrow, arch support, etc.), so finding what makes your feet happy, i.e proper fit, is critical.

- Types – Low hikers, mid weight hikers or light weight day trail shoes
- Brands – Merrell, Oboz, Keen, Asics, Nike, other Army Navy brand

1 pair of all sport water shoes or sandals for creek crossings if we should encounter one, and down time at camp. *This is important to have a pair of shoes that are loose fitting like a sandal/flip flop to allow your feet to rest in the evenings at camp.*

- Brands - Teva, Merrel, Keen, You don't need anything fancy here.

Clothing – Pants, shirts and skirts should be synthetic - suggestions are light wool/fleece for cool evenings/mornings and wicking type of fabrics for daytime heat while walking. Stay away from blue jeans and cotton as these materials keep moisture next to skin and take a long time to dry. Hat is essential to keep cool while walking in the sun. Temperatures will include upwards of high 90s, low 100s some days further inland, more like 70's/80's degree nearer the coast and lows of 48 degrees during the night typically. Long sleeved shirts are encouraged for hot days.

- For both young ladies and young men - Modesty in dress and actions are principles that Adelante encourages the participants to think seriously about in the practical decisions you will make and carry out.
- For the young men - make sure to have pants for daily wear and serving Mass. Shorts will only be needed for the "water exercise." We recommend lightweight athletic pants/sport tech pants
- Young ladies - make sure to bring a lightweight, appropriate pair of pants, or lightweight breathable leggings under a skirt that will be comfortable and cool. This is for protection to your legs over the Big Sur Mountain Range.
- You will be given at least two opportunities to wash clothing during the pilgrimage.

Socks – A hiking sock is crucial to prevent blisters. A hiking sock unlike cotton won't constantly rub against your foot and provides significant protection against rubbing that your boot/shoe might cause.

- Types – Light/mid weight moisture wicking - NO cotton
- Heavy weight/wool if you want to sleep in them otherwise during the day you should need light or mid weight socks.
- Brands - Smart wool, REI, Cabela's, many off label brands
- It is encouraged to have several pairs, you should have an extra pair in your backpack the days we are hiking all day long to be able to change midday

Underwear – If you're wearing shorts that have moisture-wicking underwear built into it, you can forgo the underwear. Wearing something between you and the fabric may be more comfortable and an even healthier way to catch the sweat. Typically, this would be a high-tech polyester that's light and smooth. Cotton underwear is ok for sleeping in if you are dry or when finished with exertion.

- Types - moisture wicking
- Brands - Under Armor, ExOfficio, Hanes

Jackets – A light jacket for rain with liner is an option, or two separate jackets - one for encountering possible rain and another for warmth, like fleece or light wool for the cool evenings and mornings.

- Brands – Columbia, North Face, Marmot and many off label inexpensive brands out there

Backpack – Multi Day pack with sturdy shoulder and waist straps. Proper fit will ensure agile movements, less back pain and one less thing on your mind that may take you away from the intellectual stimulation at hand or the peaceful scenery reflecting the beauty of nature. Keeping in mind that as an expedition we are a team and will be required to carry extra gear for the group. Hence a proper fitting rucksack/backpack are essential.

- Types/Size - ***If you are a light packer you may find a 45 Liter pack sufficient otherwise a 65Liter would be the way to go and not much bigger.***
- ***You will also need a day pack, a smaller backpack that is comfortable for you*** which you will use for a water bottle, book, toiletries, etc just for the day. This is in addition to the Multi Day pack you will bring. You will not be carrying your Multi Day pack with you every day.
- Brands – Osprey, North Face, REI Coop, Cabela's, Army/Navy and many alternative

Sleeping bag and sleeping pad – The outdoor weather conditions in California at this time of year include highs of 75 degrees during the day and lows of 45 degrees during the night. Proper sleep at night will be helped with a 30 degree or lower sleeping bag and sufficient padding beneath you. Light weight, 5lbs or less for sleeping bags. Lightweight roll up sleeping pad.

- Brands for *sleeping bags* – Army Navy, REI Coop, Cabela's and other Coop outdoor used gear shops
- Brands for *sleeping pads* – Therm-a-rest, Sea to Summit, REI Coop

Water bottles – Two 1 Liter sturdy water bottles

- Types - Nalgene 1 Liter sturdy plastic wide mouth water bottle
- Brands – Nalgene, hydro flask
- Camel Backs are a good option

Sunscreen/bug spray – If you burn or have sensitive skin best to protect it.

- Types - SPF high quality
- Brands – Many at your local Walmart

Head lamp- This is helpful to have in the evenings when you will be camping overnight.

- Types – LED
- Brands – Black Diamond and many others found at any outdoor store including REI, Walmart.

Watch to Tell time - Wrist watch/pocket watch is required. It will be helpful to keep track of time and also during leadership skills. You will NOT be able to rely on your cell phone to keep track of time.

- Brands - Casio, Timex, Amazon has some for less than \$20.

Mess Kit - Personal eating dish with spork and drinking cup/mug will suffice. Many options on amazon or sporting goods stores; keep it light, small, and simple.

Toiletry kit – This is self explanatory here - we will be staying at Hotels, Missions, and camping overnight - so bring what you deem necessary.

- Toilet paper and several Ziplock bags - we will not always have toilets available. (Females - please ensure you have wipes along with your feminine products. A good product called the “*Kula cloth*” may be beneficial to have, ladies, and can be found at sporting goods stores like REI.
- 1 Microfiber Towel – The missions we will be staying at require you bring your own towel - the microfiber towel affords less weight than a regular towel.
- Ear plugs – You may find yourself listening to the snoring of others as well as the sounds of nature at night.
- Mini Personal first aid kit. There will be a medical team with essential supplies however you may want to bring a personal first aid kit with blister care products, including cloth tape, moleskin, bandaids, safety pin, small pair of scissors. “Compeed Advanced Blister” are good products for hot spots or the start of a blister. You could find such a kit at REI, Walmart, or grocery store. No need to bring too much here as the Adelante personnel have a large medical first aid kit
(NB There are medical providers present on the expedition who can treat for emergencies encountered on the pilgrimage with medications/treatments such as suturing and IV infusions as well as the capability of arrangement to a medical facility via ambulance or helicopter.)
- Small package of Baby wipes can be helpful for facial and bodily cleansing on the go
- Pillow – Optional

Knife –For an emergency or practicality it is good to have a small pocket knife however ***this is not essential***. We realize some of you may not be checking your bags at the airport.

- Types – convenient size appropriate to your skills
- Brands – Swiss Army, Leatherman

All or some of these items can be purchased at an REI store, Walmart, Army Navy, Cabela's, used gear stores, consignment, and consignment outdoor store, sporting goods stores and online-Amazon. If you filter your Amazon account online to shop "Warehouse" you can buy previously purchased items that have been returned which Amazon sells with discounted prices rather than brand new.