

# East Bay Hills Hike & Ride – Suggested Packing List

**Please remember, this is the Bay Area and variable weather is likely. Pack appropriately for hot days and cool nights, plus variations in daytime temperature/conditions.**

**A daypack** with the following:

- Water bottles or bladder (e.g., CamelBak)  
– *2 liters minimum*
- Sunglasses
- Sun hat
- Sunscreen, lip moisturizer
- Bandana
- Moleskin, bandaids, or other blister prevention aids

**Optional items you may want to bring:**

- Hiking sticks
- Lightweight folding chair
- Pillow
- Book or magazine
- Earplugs
- Flip-flops
- Small battery-operated lantern
- Wine

**A backpack, duffle bag, or similar suitcase-type item** to hold the following:

- ***Plate, bowl, cup, mug, & utensils!***
- Tent
- Sleeping bag
- Sleeping pad
- Day-hike/ride clothes, suitable for layering or shedding depending on weather
- Hiking boots or shoes, broken in
- Extra shoes for around camp, or for hiking if your main shoes have a problem
- Enough socks
- Warm clothing for evening (jacket, hat, gloves, etc.)
- Swimsuit (for going to and from solar shower tent)
- Flashlight or headlamp
- Towel
- Toilet articles: soap, toothbrush, toothpaste, etc.
- Medications

**Write in other items you may need so you don't forget to pack them!**

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**Also, bring your ID and some money for raffle tickets, t-shirts, etc.**