

**GET LOST
IN
WONDER**



**OZETTE
TRIANGLE
AUG 16-18**

Ozette Triangle

Packing List

What Do I Need to Know?

The Ozette Triangle is a favorite loop hike on the coastal part of Olympic National Park, on Washington's Northwest Pacific Coast. Starting in thick forest, this three mile up and down hike eventually opens to sweeping views of open ocean and weathered volcanic rock. We will meet at church at 8am Friday morning and carpool to the trailhead to give us plenty of time to get to our destination. The hike is only about 3 miles of up and down trail, so pretty moderate until we reach our first night destination at Cape Alava. Our second day will be another 3 mile hike along the coast, with lots of time for exploring along the way. We'll see ancient hieroglyphs at Wedding Rocks, eventually making camp at Sand Point for our second night. Sunday will be another 3 mile up and down through the forest before a long drive home. This is a moderate hike, but it's still a good idea to get in on some of the practice hikes we've scheduled this summer! We are dehydrating our own food for dinners, as well as getting stuff for lunches, so we'll have a meal list out in the near future, as well as adjustments for dietary issues. We are also bringing all of the cookware, bear canisters, tents, and all the rest. If you have a lightweight 3 person tent, an extra backpacking stove, or other gear you think might be helpful, let us know. Also, be prepared to help carry some of these items. ***Your pack should be at least a 45 Liter capacity or more.*** We will keep your pack weight proportional to your body weight and ability, but make sure you have room in your pack to help with some of the load.

Ozette Triangle Packing List

- **Backpack** – 45L or more and should fit well and be comfortable and large enough to carry your clothes, sleeping bag, and other items on this list. REI can help you fit it correctly.
- **Day pack** – optional for this trip, but nice to have if we go exploring and you want to bring water or a snack.
- **Sleeping bag** – should be lightweight with a temp rating down to 40 degrees or lower, and needs to fit in a stuff sack
- **Sleeping pad** – optional, but HIGHLY recommended. Costco often has a budget one, or Sierra Trading Post usually has them if you don't want to break the bank.
- **Pillow** – optional, but should be a backpacking pillow. Do NOT bring a pillow from your bed at home. You can also stuff clothes in a stuff sack and use that for a pillow to save weight and space.
- **Water** – Two 32 oz bottles or a hydration bladder (we will filter water on the trip to refill)
- **Snacks** – energy bars (ProBars are great, Clif Bars, etc.), nuts or gorp, etc. Recommend 1-2 bars per day.
- **Headlamp or flashlight** – headlamp is recommended to be hands free, but flashlight is okay too.
- **Sun protection** – Sunscreen is a MUST, but a hat and sunglasses are recommended.
- **Bug Repellent** – Mosquitoes and bugs often get blown away at the coast, but a small amount of bug spray is recommended. You can also get a head net at REI or online for about \$10.
- **Good shoes or boots** – Trail runners, supportive tennis shoes, or hiking boots. Make sure you break them in well in advance of the trip. Be mindful of ankle or foot issues to make sure your footwear is supportive. The out and back of the hike is on trails, but beach hiking can be hard on your feet.
- **Camp shoes** – optional, but light sandals or Crocs work well to give your feet a break or wade in the water.
- **Clothing** – (in addition to what you are wearing) 2 pair of socks – merino wool or synthetic, NOT cotton; 1-2 short sleeve shirts, 1 pair of shorts, 1 long sleeved shirt, 1 pair long pants or leggings (or long underwear to put under shorts), extra underwear – synthetic is highly recommended. Avoid jeans, hoodies, pajamas or other heavy items. Lightweight fleece or puffer jacket, light gloves and hat.
- **Rain gear** – go for a light jacket over your ski coat if you can, but should be waterproof. Rain pants are optional.
- **Trekking poles** – completely optional, but they offer extra support and can help relieve stress on joints, especially on uneven beaches and slippery bridges.