

HIKE WEEKEND

SUGGESTED PACKING LIST



Hiking Supplies:

- Trekking Poles
- Rain Gear
- Day pack
- Proper footwear
- Hydration pack (required 3 liters minimum)
- Headlamp (required)



Personal Items:

- Sunglasses
- Hats
- Snacks
- Change of clothes
- Change of socks
- Cell phone
- Battery pack
- Epi pen/inhaler (if prescribed)



Other Items:

- Sunscreen
- Bug spray
- Medical supplies
- Safety pins
- Moleskin
- Towel
- Toilet paper

What's in your pack?

“Fig bar, salt and vinegar almonds, orange, water, chapstick, a map, tp, ziploc for trash, small quick dry towel, mask, hand sanitizer, airpods, extra socks, sunscreen.”

“Very little and only what is needed between aid stations. Mixed nuts, energy chews, first aid kit with tylenol/blister kit/wipes/salt tabs. Each year my pack gets smaller.”

“Almonds, oranges, sports beans, candy, chapstick, map, hand sanitizer, extra socks, tailwind, first aid kit, tiny wallet, extra batteries for my headlamp, and a hat if it looks like rain.”

COMFORT BAGS



What is a Comfort Bag?

Your comfort bag can hold items you may want to have at some point but that you don't want to carry in your pack. These will be available to you at Aid Station #2 and the finish line. Many hikers add a change of clothes, shoes, candy, snacks, and whatever else you may want along your journey. Make-A-Wish Northeastern & Central California will provide you with a large plastic bag labeled with your name when you check into the hotel for hike weekend. Once you have everything you need packed, you will bring it to the lobby of the hotel for staff to load into vans for hike day.

Popular comfort bag items:

- Change of clothes
- New Socks
- Snacks - There will be plenty of snacks and food provided at the Aid Stations but if you want something specific, or have dietary needs or restrictions, be sure to include this in your comfort bag
- Encouragement from friends and family
- Medical supplies
- Foam roller
- Chill towel
- Frozen water bottle
- Wet wipes
- Electrolyte pills
- Moleskin
- Sandals

Please do not put full coolers in your comfort bags! (Special accommodations will be made for medical needs and nursing moms ONLY.)

When will I see my comfort bag on the trail?

Your comfort bag will ONLY be available to you at AID STATION #2 and at the FINISH! Make-A-Wish Northeastern & Central California staff will transport all bags from the hotel to Aid Station # 2 and to the Finish.

AID STATIONS

Where will each Aid Station be?

AID STATION	MILE
START	0
Aid Station 1	5
Aid Station 2	14.5
Hydration Station	17
Aid Station 3	21
FINISH	21



Nutrition: High-performance bars/supplements, a mix of snacks, candy, fruit, Uncrustables, turkey and ham sandwiches, and chips.



Hydration: Water, water, water, and Gatorade.



Medical: Each aid station will have medical professionals for wound/blister care, wrapping ankles/knees, etc. Mustard packets will also be available for cramps.



Comfort: Chairs to rest, bug spray, sunscreen, and comfort bags at Aid Station #2 and the finish.

HIKE WEEKEND

What all is included in my hike weekend experience?

Included in your hike weekend experience is transportation to and from the trail on hike day, Friday night dinner, trail support at multiple locations throughout your journey, including hydration, snacks, first aid, and encouragement, Saturday evening post-hike celebration, and a Sunday post-hike recognition breakfast.

When will I receive a Trail Map for the hike weekend route?

All hikers will receive a Trail Map in their Hike Weekend bags upon checking into the hotel on Friday of Hike Weekend.

Is transportation included during Hike Weekend?

Transportation to and from the hotel is not included. Make-A-Wish Northeastern & Central California will provide transportation to the trailhead and back to the hotel after completing the hike.



Can my guests join me for meals at the hotel during hike weekend?

Yes, at the time of recommitment you will have the option of adding additional meals for your plus one. You may have to provide a check or credit card number for reimbursement to Make-A-Wish Northeastern & Central California.

Can my family and friends join me on the trail during hike weekend?

Yes, family and friends are more than welcome to cheer on and encourage you at the Finish Line to see you complete the 21-mile journey! Please estimate your speed and communicate to family and friends so they have a targeted window to see you in action and cheer you on at the finish.

“As long as there are kids on that list, I will hike.”

- Melissa Orr

“It kicked my butt, however, the rewards are too many to count.”
- Tiffany Trainer

“My first Challenge was a life-changing event. I made friends for a lifetime and found a purpose for my life. I fell in love with the Make-A-Wish mission.”

- Jan Belcher

“Boy oh boy does it test your endurance, but that’s nothing compared to what these wish kids have to endure. We hike to bring awareness. We hike to change lives. These kids need a wish to give them hope, strength and to help them heal.”

- Jana Thomas