

Conditioning Hike Group 3, Long Beach

When: We will meet and start hiking before dawn (first light). We typically return to the cars around dusk, but sometime in full darkness.

Where: Between 2,000 and 6,000 in the San Gabriel mountains

Conditions: Steep exposed hillside trail (hot, or cold and possibly wet), shaded canyon bottom with wet stream crossings (cool-cold). Exposed ridge and dirt (toll) road traverse, and summit ascent (can be hot or cold, often windy, rain and even snow possible).

Weather: Sunny and Hot and / or Cold and Windy with Rain and / or Snow

What to Bring:

- Ten Essentials
 1. Mt Wilson Topo Map with N-S lines drawn, Trip Leg Table and Trail Profile, Compass (Mechanical Pencil & Ruler may help navigation work). In a 1-gallon zip-loc bag
 2. Headlamp with Extra Bulb and Battery, or Extra Flashlight / Headlamp
 3. Sunglasses, Hat w/brim, Sunscreen, Lip protection
 4. Food; lunch and snacks for a strenuous 10 hour day, plus a bit extra
 5. Water; 2 to 3 quarts (normally 3-4 for a hike like this, but there's a spigot on the summit)
 6. Extra clothing (as listed below)
 7. Lighter, Water Proof Matches and Firestarter
 8. Emergency Shelter (Mylar Bivy Bag, Tarp, XL Garden Trash Bag)
 9. Repair kit / tools (Swiss Army Knife or Multi-tool, Duct Tape)
 10. First Aid Kit including Moleskin. Some form of ID
- Daypack
- Day Pack Rain Cover or Plastic Trash Bag (Kitchen size Hefty Cinch Sack)
- Suitable Hiking Boots and socks (as described in lecture #1)
- Loose Synthetic Long Pants (Nylon, zip-off legs?)
- Light Weight Synthetic Shirt (Nylon, etc.)
- Mid-weight Fleece Jacket or pull-over
- Synthetic Long Underwear (tops and bottoms)
- Beanie or Balaclava (Synthetic or Wool)
- Rain Gear (Jacket and Pants)
- Gloves or mittens (shells and liners?)
- Toilet Paper and Shovel
- Optional Extras:
 - o trekking poles, sit pad, extra socks, down jacket, gaiters, water filter, fleece pants, etc.